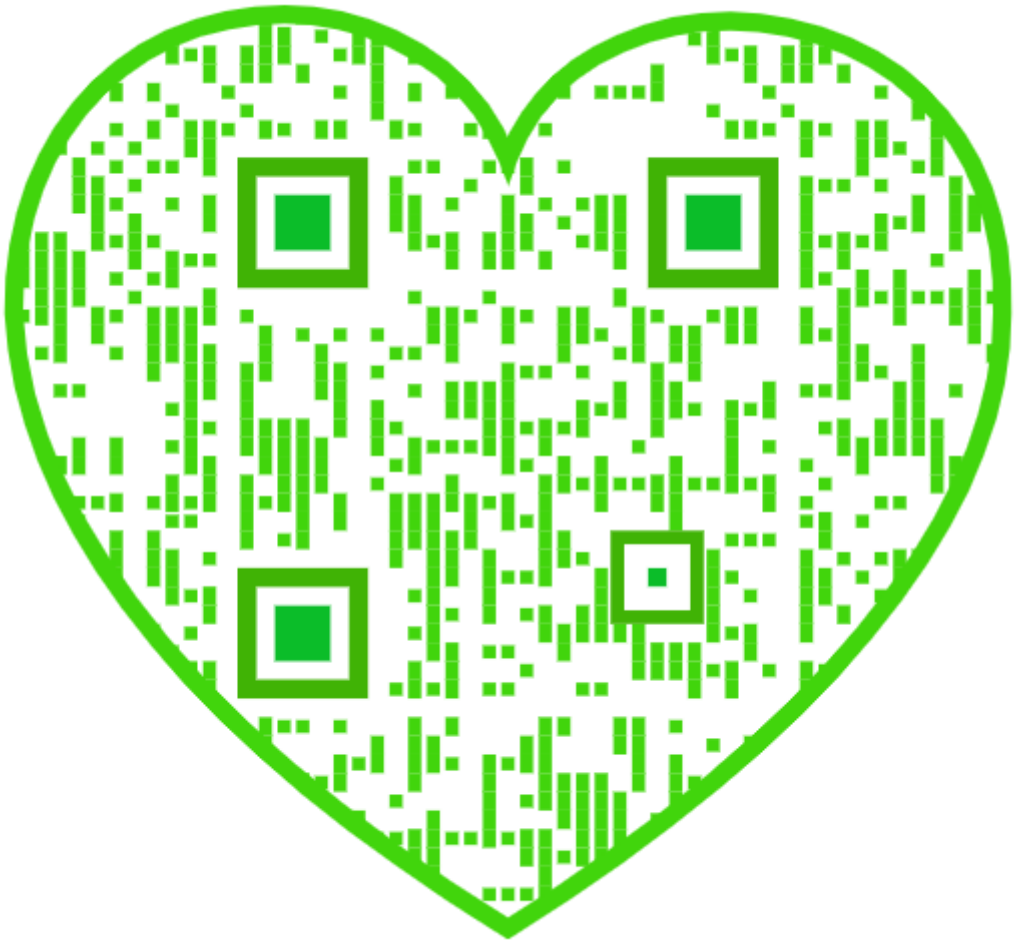
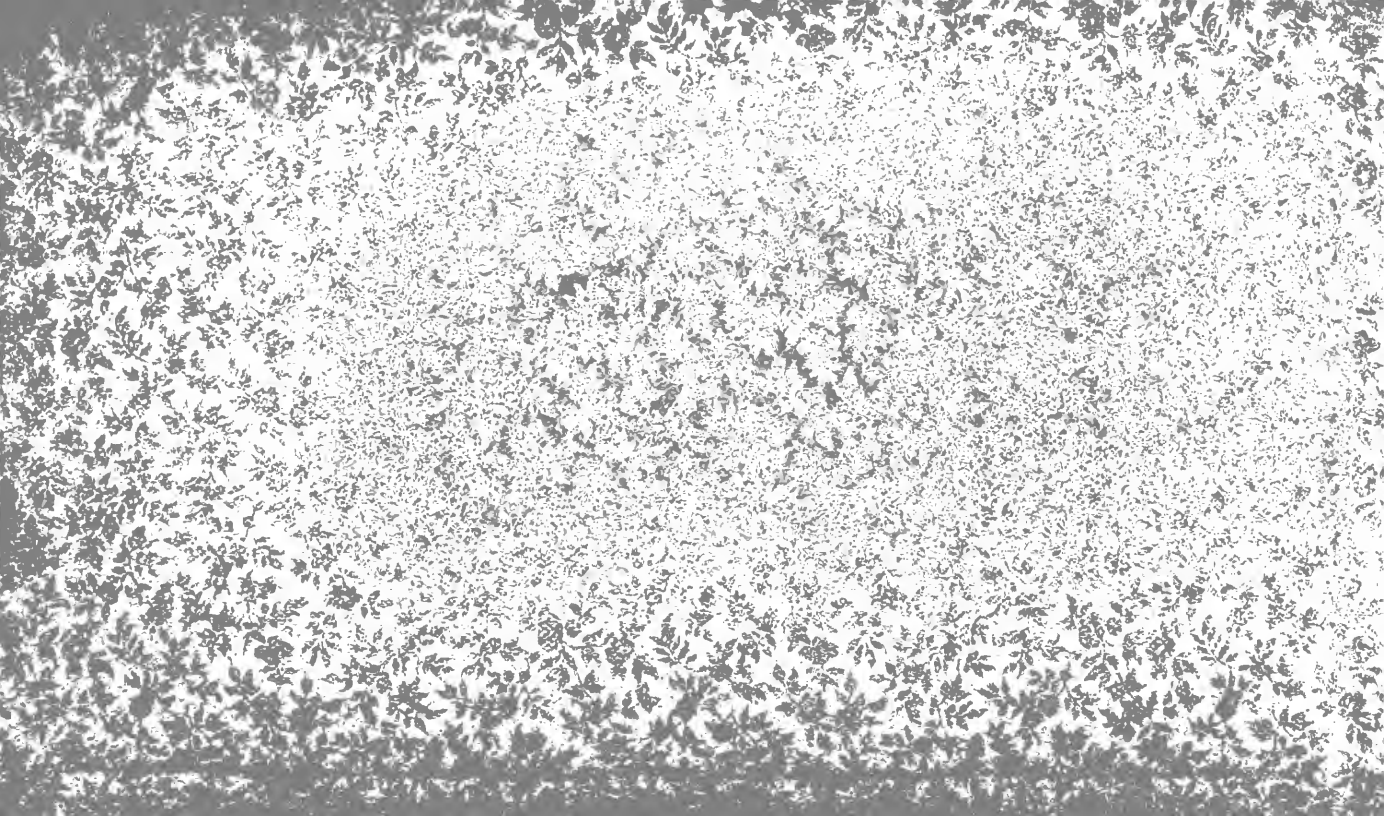
The Thomsonian System of Medicine

CLYMER





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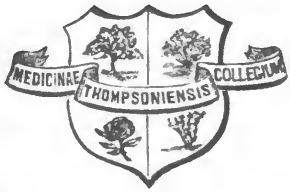
THE THOMSONIAN SYSTEM OF MEDICINE

With complete rules for the treatment of Disease. Also a short Materia Medica



BY

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Preface.

In compiling this work, I do not wish the reader to think that it is wholly the product of my brain, but rather wish it to be understood that I am acting in the capacity of compiler. I have taken many thoughts from such men as Dr. Thomson, the founder of the system, and from Drs. Comfort, Greer, Lyle and others, and have clothed them in a new dress so as to make one complete and harmonious whole, always standing by such things as I know to be absolute facts, and never allowing anything of a theoretical nature to enter. I have proven all things by my own extensive practice and know that what I give to the reader are facts.

In many places I give the system just as it was taught by Dr. Thomson, without adding anything to it, as nothing could be added that would add to the value of it and my only excuse is, that I do not wish the work started by Dr. Thomson to pass unnoticed. In nearly every case when I quote another author I give full credit and, therefore, I cannot be accused of stealing.

Poisons as medicine, is partly from the writings of

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the well-known Prof. Kirk, of Edinburg, Scotland, as great a reformer in his own country as was Dr. Thomson in America, and whom all Europe should honor and follow. Should this be done, we could then say that medicine was fast becoming a science instead of being an Art and simply experiments. The Thomsonian or Physio-Medical system of practice is no longer an Art, but is really a science, as the true Physio-Medicalist does know what effects on the system his medicines will have in nearly every given case.

Poisons should not be used as medicines and it is absolutely unnecessary to do so. We have non-poisonous and innocent agents that will give better results in the treatment of disease without there being any danger of killing the patients with the medicine that is given.

The philosophy and principles of the Thomsonian system is that which was taught by Dr. Thomson himself and later formulated by the well-known Dr. Comfort. Every true Herbalist, and Physio-Medicalist subscribes and holds to this philosophy, as it is the only true philosophy and the only one in which no flaw can be found. It is a philosophy of life and one that it would be well if all men, physicians or laymen, would understand thoroughly. A great deal of life would be saved and much suffering avoided. Although this philosophy was first taught nearly a hundred years ago, no change has been found necessary, it is therefore such a philosophy as

no other school of medicine or healing has ever been able to give to the world. This alone proves that the Physio-Medical system is founded on truth and that sooner or later, all schools must subscribe to it.

Emetics are not employed as universally to-day as they were in former days. The reason for this is not because they will not do all that is claimed for them, but on account of the wrong philosophy that has been taught to the people, by the so-called Regular Schools, for many hundreds of years, and as I have said in the body of the book people seem to think that a medicine that causes them to vomit, is not the right medicine for their case. They forget that in childhood stomach trouble, medicine is very seldom necessary, as the stomach of the child unloads itself through vomiting and the child is as before and does not suffer the slightest bit on account of the vomiting.

In my practice, I do not use the herb with a tea as the people will not take to it, as the call is for "pills" and nothing but pills. I therefore use the one grain tablet, give them the amount necessary and have them to drink warm water on them. This does exactly the same work as does the tea, and it is, according to the judgment of the people, the right way to give medicine. At the same time, it is very easy for the Physician to give the pills. I never give enough of the Lobelia to cause too much vomiting. Simply enough to cause the stomach to unload itself and then immediately give Capsicum.

In other cases, I give the injection and add the

Lobelia, this acts in the same way as giving it into the stomach and is just as good. In many cases, vomiting is really not absolutely necessary as it is only desirable to relax the system. I have found that this can be done by giving the Lobelia tablets, but not enough to cause vomiting. I then start with the Capsicum and such other remedies as are indicated in the disease.

Injections were condemned years ago when Dr. Thomson first taught the use of them. However, to-day we have large Sanitariums where nothing is given but the injections, or "Internal Baths" as they are now called.

In giving an Emetic, the physician should always be sure and add a small amount of Capsicum as then the relaxation will not be so severe and the patient will have more strength.

Of the Steam or Vapor Bath nothing need be said as they are too well and favorably known throughout the world. Dr. Thomson and his followers are to be thanked for this, but very little thanks is given to them. They are of the utmost importance in a great many cases and should be given whenever it is found necessary.

In such cases where the physician finds that his patient should perspire and when the patient will not take a vapor bath, he should give 15 minim. doses of "Pleurisy Root" in hot water every fifteen minutes and he will find that the patient will sweat almost as much as though a vapor bath were given. A few

grains of Capsicum should be added to each dose. There is always a way of handling stubborn patients if the physician only knew it and it is only practice that teaches us what to do in each given case. Obstacles must be overcome and the physician must expect to meet them in nearly every case.

In giving a course of medicine, I no longer make use of the tea for any of the remedies used. I use the tinctures and have them handy at all times. These can be had from any first-class Pharmacy and in this way, they are always ready, and all that is needed is to have warm water and add the medicines and give to the patient. The same instructions should be followed as though the tea were given. All remedies should be mixed and given in the same way. The only difference is that a tincture of each remedy is used instead of the crude drug. In the Materia Medica the dosage is given of the tincture of each remedy used.

In giving a list of medicines used, I have been very careful to mention only such as I have found to be of the greatest importance by a long term of practice. I have tried, and fairly succeeded, to give credit to the one who did the most in getting the remedy before the people, as I think that this is no more than right. All men should have due credit for work done and as soon as this is done in everything, we will find that the world will be the better for it.

In no Materia Medica is the dosage given or the remedy described. I have overcome that point, which

is really a vital one, and have given the dose of each remedy described. In the old Thomsonian works, we also find only the English name, or the name given to the herb by the people. I have given both that name and the name of said drug as known to the Regular Medical Faculty in order to make it easier to the beginner and save the trouble of hunting through other works in order to find out what such a remedy is really known by.

In describing some agents, I have found it necessary to hunt for hours, through many volumes in order to learn by what name certain remedies are now known. For instance, the herb now known as Feverfew, Chrysanthemum Parthenium, was known and described by Dr. Thomson as Featherfew. In other cases, I have found it necessary to quote from three different authors in order to give the reader a full description of the article, and in such cases, I have given full credit to all from whom I quoted.

The Physio-Medical Physician is often placed in such a position in which the patient, who may have pain, either forces him to give Morphine to stop the pain for the time being or give up the case. I know that I have been placed in such a position. This is now overcome and the physician can turn to the preparation known as "Sorbilin," stop the pain and know that he has used nothing that can in any way hurt his patient. This advance in medicine is of the greatest importance and every liberal should take advantage of such discoveries.

With these remarks I will close, and trust that this small work will be of immense value to the Herbalist and Physio-Medical Physician in his practice. In the near future, I shall hope to place a complete Materia Medica before the people, and that in doing so, it may help to bring about a new area in medical science.

THE AUTHOR.

Allentown, Pa., May 18, 1905.

Poisons as Medicines

It is, no doubt, a great thing always to get to the point in any case at which the disease really has what may be called "the root of it." When we think of getting at such a point we find two very important meanings that the words are capable of bearing. The instance of a celebrated physician who was seated at a patient's bedside with his usual strong walking stick in his hand. There was a brandy bottle on the table. The patient explained that the doctor "never struck at the root of his illness." The doctor lifted his stick and smashed the brandy bottle, remarking that his patient would never have to say that again. It represents a great many things which might be struck at in the same way. For instance, the Teapot, which is itself a really good thing, might be smashed. A strong decoction of tea three or four times a day will bring on disease in the nervous system of a very serious character, and so long as the comforting habit is carried on nothing in the world will cure the sufferer. Then there is Tobacco, which is far more powerful and insidious than either Alcohol or Tea in its action upon the nerves; if it is continuously used it will produce the most distressing disease, and keep it

up in spite of everything that can be done even to mitigate the symptoms. When you consider the extremely small quantity of Tobacco which is required to affect the whole system in one who has not got inured to its influence you will see the truth of this statement that it is far more powerful than alcohol and tea, and also more insidious. The forms of disease that are produced by Tobacco, such as Paralysis of the Limbs, along with a terrible irritation of the nerves that are not paralyzed, speak clearly of the power of this narcotic. If one would "strike at the root" of his malady he would break his pipe, if he uses one, or he may abandon all hope of really good health in the world. Then there is Opium. This is used to an incredible extent among the masses of our people, and has a large share in producing the disease and degeneracy that prevail. In the form of Laudanum it is sold by our druggists among the working people to a marvelous extent. And it is the root in many cases of disease. While it is continued it is perfect folly to expect a cure of those diseases which it continually produces. It gives most delicious relief in many cases, and that for a shorter or longer time; but when that time expires the relief is changed into an aggravation of the malady. It becomes one of the most hopeless of tasks to cure one who cannot be got beyond the reach of this most ruinous drug. Now we have other and worse forms of poison used by those whose duty it is to cure disease, but who, in the use they make of these, only protract instead of curing.

There is Chloral for instance, a most powerful narcotic, and one which gives relief from restlessness and pain in some cases in a wonderful way. But like Opium, it too creates forms of disease that are of the most terrible character. If it is being frequently used in any case it is useless to think of cure while that use is continued.

Even an ordinary reader, who has got the least idea of the relation of substances here employed in the development of the deadly drug will expect in some measure to find that its passing into ordinary commerce is a serious matter. We feel constrained to call attention to the real principle on which all such drugs are used. The principle is that of purchasing a brief season of unconsciousness at the expense of such injury to the nervous system as insures future distress, and lays the foundation for lifelong misery. The state which follows the use of a few grains of "Hydrate of Chloral" is not properly sleep, it is unconsciousness—that is when the result is what appears to be sleep—but it is not the same thing as natural sleep. So it is with Bromide of Potassium. That is given to produce sleep, and it requires only a short time of regular use to produce such lassitude and loss of power over the muscles as constitutes a truly dreadful form of disease. It is utterly hopeless to think of remedy from any other treatment if this use of potassium is carried on. Then there is "Digitalis," so constantly given in irritations of the heart. In "The Elements of Materia Medica," by Drs. Bently

and Redwood, a book of authority, we find that the power of the heart is enfeebled by Digitalis, so that a sudden change of posture has often proved fatal. But this poison goes on "soothing" a patient so constantly that though all the time it is taking away life it is looked upon as a blessing. A patient for instance, has been for many months using "Digitalis." Somehow, though always "soothed" and his pulse rendered regular when he gets the drug, he does not recover health. He rather gets worse upon the whole. He is persuaded to abandon it, but all else fails to soothe him so as to carry him over the weaning time. He falls back upon Digitalis, and dies in a few days. Could you make that patient throw away his first dose of this powerful poison and never seek another, you would prolong his days by years, and might cure him of all illness he feels. But if you cannot get the root of his worst malady removed, nothing you can do will save his life.

"Aconite" is another deadly drug often prescribed in certain cases of disease. If it is used with anything like frequency, it will produce death in spite of all the remedial appliances that any human being can use, but even at long intervals it will render nerve cure impossible. No ignorant talk of ten thousand doctors will hinder the deadly action of this powerful poison if it is only given. A very little study of the poison will satisfy any true thinker of this. Begin with the account of "Aconite" as given in any good work on Materia Medica, and you will have a fair

start. You will find there that "Aconite" is "A Benumber." It is recommended in PAIN as a fit remedy because it removes the pain by "BENUMBING." You must here mark very specially that the "Benumbing" is not that of the pain only, it is that of all sense in the parts benumbed. The drug relieves pain only by destroying so far the sensibility of the nerves affected. It destroys the Motor Capacity as well as the Sensitory. It in fact destroys, so far as it goes, the Vital capacity of that nerve system which supplies the Motor and Sensitory nerves. If the dose is sufficiently strong the heart ceases action altogether. The smallest dose just as far has an effect of the same nature according to its smallness—that is, it is so far poisonous to the nerves—that is again, it so far KILLS the person to whom it is given.

Let us now follow out somewhat the light which we have acquired on our subject. Here is a patient who is helpless, because the Motor Nerves have been so disabled that he cannot move himself in any way. The nerves of sensation, however, are excessively keen. A pulsating is felt all over the body, preventing sleep, and a dose of "Aconite" is given. The pulsating ceases inasmuch as this Sensitory system is "benumbed." RELIEF is felt, and the doctor is thanked and praised. But what about the Motor Nerves? Has the Aconite had no effect on them? It has had even a greater effect. What of the Nutritive Nerves and their supply of life to both Motor and Sensitory? The drug has acted, in the first instance,

on these, and only through these, on the Sensitory, so as to deprive them so far of life, and compel them to cease giving pain. If then we are laboring to give life and motion of the muscles, by renewing the nerve action in them, what is the effect produced? It is to take away more life in a few seconds than we shall be able to renew in as many days—perhaps in as many weeks! It is in this way that we find the use of drugs like these ruining the nerve system faster than any one can renew it.

We particularize these drugs because they are so common in the prescription of our medical men, and even among the people without prescription altogether. They interpose terrible barriers in the way of our doing the good we might otherwise do, and in the way of many who make good use of common-sense remedies. Further on, we hope to take up other aspects of this subject. In the meantime we would like to make one or two practical remarks on this subject. The first of these is, that we must not expect instant or even speedy results from getting a poisonous drug discontinued. Take "Digitalis," for instance. You have a case in which this has been used three time a day in the twenty-four hours and that for many months. You succeed in getting the patient free from this constant poisoning. But the heart does not all at once recover. It seems as if it would do so. The patient under active treatment, such as increases the vital force, rallies for some days, but a time comes around at which the heart's action

seems to demand the poison afresh. It is exactly the same as the case of the person who has fallen a victim of Alcohol. He signs the pledge under some strong moral impulse, and feels free from the demon that has cursed him. But that freedom is only for a brief season. It may be for days—even weeks, even for months; yet, at a certain time the mysterious nervous state that proves so dreadful to him comes on, and even his soul is bartered for Alcohol. So it is with all habits of soothing by means of poison. Now, one who would heal his fellow creatures must be aware of this. We have cured cases in which the patients had to be put under physical restraint when this time came, and the apparent need for this drug was developed. During day and night the piteous cry had to be disregarded in seeming cruelty; but the victim was rescued. In other cases the root of the Upas tree was put back into the soil again, and the life was lost. Even infants at the breast show this terrible power by which the use of poison enchains the spirit of man. Hence, if you would cure, you must succeed, in the first place in getting such roots of disease as we have described effectually removed. There will be not only a difficulty showing itself in the desire of the patient for the drug that is killing him—that will not be the greatest difficulty; but the increase of illness, apparently because of stopping the poisoning process, will be greater. What is called "the Weaning Brash" of the sucking is found in nearly all such cases. But this must be bravely met, if you would cure your

patient. You may mitigate the "Brash" in various ways; but when you have done the best that can be done, patience and intelligent courage will be called for. Even the Tobacco victim, as he lies during the night in agony for want of "the pipe," and his tender-hearted wife begs him to take a smoke, must have courage for a little, and he will laugh at his anguish. So will the man who thought he would die if he did not get his drug. It is well worth while to "hold the fort" till deliverance comes.

INJECTING MORPHIA under the skin is another form of using poison for the relief of pain. All pain is the result of something wrong and affecting the nerves of sensation so as to induce us to put that wrong to rights. The injection of Morphia does not in any case, right the wrong. At the very utmost it only silences the nerves which indicates the wrong. This drug, while it does not cure, or put the wrong right, causes such injury to the nerve system as constitutes, of itself, a very serious disease. A nerve that has been silenced by means of Opium, when it returns to activity does so in a sadly disordered condition. This has the effect of adding to the distress of the sufferer often very seriously. The addition, too, goes on increasing as the futile operation is repeated. It is thus that disease takes a mental form of the most dreadful character. The poor sufferer is made to endure horrors that never arise except through the use of some nerve-destroying agency. But the all important matter here is to know how to act when it

is proposed in any case to inject any form of Opium, or any similar poison. The first thing to be understood clearly in all such cases is this—the medical attendant knows no real remedy for the pain, or its cause, when he proposes to relieve in this way. Mark this well. It is of immense importance to understand the ignorance of your adviser in relation to cure in your case. A patient should remember that it by no means follows, because his physician knows no remedy, that there is none. We have seen cases in which such a remedy as this was proposed, in which all pain disappeared within half an hour, and did not return, by nothing further being done than a cold cloth being gently pressed over the root of the nerve, which was giving terrible pain. The medical man did not know that a gentle cooling of a particular spot would cure his patient; he only knew that a little Morphia injected would deaden the sensibility and give temporary relief. We could not imagine his doing as he proposed to do, if he had known how actually to cure his patients at first. In other cases he would visit day by day until his bill rose to a very heavy sum indeed, while, if he had only known, one visit or two at the utmost would have been amply sufficient. His ignorance was lucrative, perhaps you might be disposed to say; but it is the least that can be said that such ignorance is confessed the instant a medical man proposes to inject Morphia. He confesses that he knows nothing that can put the wrong afflicting you right, and that he can only silence the

poor nerves that are complaining. If he is alive to this truth, and sees that you are alive to it also, it may stimulate his intelligence, and possibly lead him to seek about a little for a real remedy.

For example, you may be in torture by a pain in some part of your body. Your medical adviser knows the nerve that gives this pain. He proposes the injection of Morphia. He is ignorant of anything better than this miserable subterfuge in the way of cure. Suppose that you try a very hot application, say a hot Bran Poultice, to the roots of the nerves affected, if you can guess about where those roots are. The doctors should help you to know this much. The hot poultice is put on, we shall say it fails to relieve. Well, you put on a cold application at the same place. That relieves slightly. The hot one may have done so, or this may have done so. That will turn upon the nature of the wrong which is causing the pain. Observe this, that whichever of the applications relieves should be followed up vigorously. Do not say, "Oh, it gives relief for a little, and then the pain returns." Follow up the little relief, and change from heat to cold, as the pain or relief indicates. You can do no possible harm by such process, and in multitudes of cases all will soon be right, and no opiate required at all. But you must not think all remedies at an end when you have tried one or two singly, and relief does not yet come. The large, hot poultices may be put on the roots of the affected nerves, and ice cold cloths placed on the branches at

the same time. Then ice cold may be placed on the roots and hot on the branches. The doctor, perhaps, has not thought of such things. He has only confessed his ignorance of all remedies; but that is no reason why you should not think of them. It seems to us rather a strong reason why you should think of something, when one who surely ought to know confesses that he does not. But remedies are not exhausted, by any means, when you have thought of two or three applications of heat and cold. The whole nerve system can be influenced by the rubbing of the head and spinal region, so as to wake up a strong increase of vital action in the nerve centres there. We have seen a patient who had been for months under medical treatment, and in agony, except when deadened with narcotics, rendered independent of all such things by a little skillful rubbing alone. Perhaps you object that these remedies are "very simple." Well, that would be no great harm; but if they are so simple you are surely a simpleton if you let your patients be killed with Morphia while such simple remedies are at hand. The whole Thompsonian or Physio-Medical system is simple and in this you will find its wonderful virtues.

The Philosophy

AND

Principles of the Thompsonian System

1. MATTER, in all its diversity of character, quality, form and combination, may be classed in two great divisions, namely: ORGANIC and INORGANIC MATTER.

2. ORGANIC MATTER includes the two vast kingdoms of Nature; the ANIMAL and the VEGETABLE KINGDOMS.

3. INORGANIC MATTER includes all bodies not possessed of CONSCIOUS LIFE, or such as are not endowed with a CAPACITY FOR LIFE, that is, CONSCIOUS LIFE.

4. INORGANIC, BRUTE or DEAD MATTER, is controlled or governed by laws or forces, embracing CHEMISTRY and NATURAL PHILOSOPHY.

5. ORGANIZED or LIVING BODIES, though influenced to a certain extent by the laws which govern inorganic matter, are sustained in their living state by VITAL LAWS, "which hold supremacy over

and control those of physics and chemistry, which they modify and render subservient on many occasions to the purpose of vitality."

6. The principle of life is the same in all animated beings; and the human animal economy is governed by the same general laws as that of the animal economy.

7. LIFE, or the LIVING STATE, is a series of actions or motions in animal matter, of which organized bodies are alone susceptible.

8. Without ORGANIZATION there cannot be Life. And again, organized bodies, though possessed of a "CAPACITY for life," require the aid of STIMULANTS to call it into activity.

9. "Animal life can be supported only by external stimulants."

10. LIFE is produced by the influence of HEAT or CALORIC upon ORGANIZED bodies.

11. HEAT, OR CALORIC, IS THE POWER OR AGENT BY WHICH OTHER STIMULANTS, AS ATMOSPHERIC AIR, LIGHT, ELECTRICITY, GALVANISM, FOOD, DRINK, AND MEDICINE ARE MADE TO ACT UPON THE SYSTEM.

12. CALORIC BRINGS INTO PLAY THAT POWER (ASSUMED TO BE AN ELECTRO-GALVANIC INFLUENCE) WHICH IS THE IMMEDIATE AGENT OF THOSE VARIED AND COMPLICATED ACTIONS WHICH FORMS AND FASHIONS THE ORGANS; CON-

VEYS TO AND APPROPRIATES NOURISHMENT TO EVERY ORGAN AND TISSUE; "SUSTAINS ANIMAL MATTER IN A STATE OF COMPOSITION;" SELECTS AND EXPELS EFFETE OR WORN OUT MATTER BY THE PORES OF THE SKIN, THE KIDNEYS, AND OTHER DEPURATORY ORGANS; CARRIES ON ALL THE VARIOUS SECRETIONS; ENDOWS THE ORGANS WITH SENSATION; AND ENABLES THEM TO REACT AGAINST, OR RESIST THE INFLUENCES THAT TEND TO THEIR DESTRUCTION."

The two preceding propositions form the cornerstone or basis of the true science of medicine.

13. In the early period of animal life, until the organs become developed, heat is derived from the mother. As the organs become developed they are endowed with the power of producing or generating heat, and after birth the supply of animal heat is dependent upon this function of calorification, or heat generating power. Thus VITAL ACTION, first produced by heat, creates the power, or generates the influence necessary to the continuance of its action. Heat is evolved in every part of the system, and the amount of caloric generated will be in proportion as vital action is greater.

14. As the heat of the system is lessened, in proportion will vital action diminish. "If the system be deprived of caloric for a certain length of time, all the preservative, recuperative, and sanative phe-

nomena cease (this is especially the condition in Consumption). It is the same also as respects Oxygen."

15. The stomach is the seat or "throne of the vital powers;" the main centre or source from which is radiated the nervous power, which, by the aid of heat and oxygen, carries on and governs the important vital functions of circulation, respiration, digestion, nutrition, assimilation, and the various secretions.

16. The stomach is in almost every instance the seat of disease. When this organ is disordered the power of generating heat and nervous influence is diminished, and consequently the actions and functions of other organs become weakened or deranged. In fever, although the heat of the surface is increased above the natural standard, yet the amount generated may be less than is produced in a state of health. The secretions and transpirations from the skin and mucous surface being suspended, the heat is locked up in the system, and this, it would seem, is a wise provision for retaining the heat, in order to sustain the recuperative actions, and thus effect a crisis in disease. Experiments have shown that in the most inflammatory diseases, the blood contains less positive electricity than it does when taken from one in health. As the functions of the stomach and bowels are restored to a healthy condition a natural warmth and action becomes established throughout the system.

17. The same means that will restore the natural temperature of the system, as pure stimulants (as

Capsicum) and the Vapor Bath, will also increase the Electro-Galvanic or nervous power, which governs the circulation and all the vital functions.

18. As the natural warmth of the system is reduced, either from a disordered stomach or from any other cause, the nervous power which maintains an equilibrium in the circulation is enfeebled; hence in disease a loss of the natural balance or equilibrium in the circulation of the blood is a common occurence.

19. An undue accumulation of blood in a part is attended by a deficiency of it in other parts. Thus in Fever there is an unnatural quantity of blood in the surface and a corresponding deficiency inwardly; determinations of blood to the head are accompanied with a loss of blood in the feet.

20. The same means that will correct a disordered stomach and "raise the heat" of the system to its natural standard, will tend to restore the natural balance of the circulation of the blood.

21. As the natural heat and nervous power is reduced, either from cold, disordered stomach, or from any other cause, the functions of digestion, nutrition, and assimilation become enfeebled or disordered. The same cause also deranges the secreting organs, as the liver and glands of the mucous membranes. In many instances in disease the liver ceases to secrete bile; and the excessive thirst accompanying fever arises from diminished or suspended secretions of the glands of the mucous membranes.

22. Whatever will cleanse the stomach, restore the

natural heat and produce perspiration, will also tend to restore digestion, assimilation, the secretions, and in fine, remove every derangement which occurs in the system.

23. The lower order of animals, as the hybenating species, will bear the abstraction of heat from their bodies without producing disorganization; they sink into a state of torpor and insensibility during winter, and on the return of warm weather are reawakened into life and activity.

24. In the higher order of animals and in man, the abstraction of heat cannot be borne below a certain degree, but for a limited period, without producing disorganization and death. Hence, they are endowed with a power to REACT against cold and other deleterious agents; and by thus establishing a counteracting force or influence, life and organization is preserved against causes tending to their destruction. Many of the symptoms which occur in disease, as pain and fever, are caused by the recuperative, life-sustaining actions, the organs being driven, as it were, to a new mode of action, with the design of counteracting the influence of offending causes, and regaining their lost vitality.

25. FEVER does not constitute a disease, but is always an evidence of the existence of an offending cause in the system, and which nature is struggling to remove.

26. Living beings are ever surrounded by agents or powers which exert an influence in direct an-

tagonism to the laws of life tending to subvert or destroy vital action. Thus the living state is held, as it were, in a balance between opposing powers.

27. The direct effect of cold and other morbific agents upon the system, is to weaken vital action, and to lessen the power of generating heat: hence, disease of every form and variety commences with symptoms which show that the vital powers are weakened; these are Lassitude, General Debility, Coldness of the Surface and Extremities, and Chilliness. Cold and Damp Feet exert an influence in weakening and deranging the natural and healthy order of action in the system, and thus prove a fruitful source of disease. Dampness probably operates as a conducting medium by which the caloric, but more especially the electro-galvanic fluid escapes, not only from the lower extremities but also from the stomach and all the viscera of the abdomen, by means of the nerves, which form a connecting chain of conductors or channels throughout the system, for the passage or circulation of this nervous fluid. As the nervous influence escapes from the system, the functions, over which it has control, become enfeebled and deranged.

28. The first symptoms in disease prove a weakened condition of vital action. As the constitution reacts, a new train of symptoms ensues. The pulse becomes quicker and stronger; the surface becomes hot and dry, and the system is in a state of feverish excitement, or in other words, the patient has a fever. The constitution struggles against disease and occasions

the fever, and it is by this power of reaction that disease is overcome.

Intermittent fever, as it is termed, commences with a chill. As the system reacts, fever comes on; and the recuperative efforts which occasion the fever, restore the heat, bring on perspiration and frequently other critical evacuations more especially from the kidneys, by which the disease is partly or wholly removed, until the return of the succeeding chill, when the constitution institutes the same preservative, recuperative train of action. In Eruptive Diseases, as Small-pox, Measles, and Scarlet Fever, there are always in the commencement General Debility, Chilliness, and a Disordered Stomach. These are the direct effects of the morbific agent that produces the disease, and but for a counteracting influence, vital actions would be overcome. The constitution establishes a reaction or fever, by which the disease is thrown to the surface, producing an eruption on the skin.

29. The design of reaction or fever is to restore the lost heat and vitality, and remove all morbific or deleterious agents and their effects from the system, and thus preserve it from disease.

30. A course of treatment that will cleanse the stomach and bowels and restore their natural action, and remove obstructions from the system, will also remove fevers, by assisting to bring about what the fever is endeavoring to accomplish. When the offending cause is removed there will be nothing to excite fever or reaction.

There is another and very opposite plan for subduing fever, to wit: By reducing the vital force or the recuperative efforts of nature, by purging, with the use of poisonous agents, such as are now used, *i. e.*, Aconite, Belladonna, Strychnine, etc. This, though the fashionable practice, is nevertheless unnatural, unsuccessful, and hazardous to the future health, if not to the life of the patients on whom it is practiced.

There is hardly a single man or woman, who has only had the grippe, that is not suffering from some weakness. This is absolutely nothing less than the after affects of the fashionable treatment followed at the present time. I have been in practice for more than two years at one place, have treated all kinds of cases during that time, have not lost a SINGLE patient during all that time. I simply follow the natural, common-sense treatment, help the system to throw off all morbid matter, and when the disease leaves the system there is then no other disease lurking there from the medicine that has been given. My reader may ask: "Does the medical profession look with favor on your practice?" Certainly not. The thanks that I have received so far can be summed up in one word—"*persecutions.*"

31. An important indication in the treatment of all acute diseases, attended with high arterial excitement or violent fever, is to overcome the contracted or spasmodic condition of the capillary vessels by relaxing the system with "Lobelia."

32. To effect a relaxation of the system there is probably no agent of equal value with the "Lobelia Inflata." This medicine exerts a surprising influence in equalizing the nervous power, and in relaxing the system, without weakening the vital properties. In many instances, however, fever may be removed by the same means alone that will overcome a chill, *i. e.*, Pure Stimulants and Vapor Baths. Medical men of the old school have not made a proper distinction between pure stimulants that strengthen and promote a healthy action, and those agents which occasion morbid excitement at the expense of the vital powers. Brandy and all alcoholic preparations aggravate fever, and hence it is inferred that all stimulants are improper in such cases. A patient, in a fever that would be injured by Brandy, would in the same condition be benefitted by drinking freely of Capsicum Tea or taking one grain Capsicum tablets every thirty minutes. It is as contrary to the theories of the regular practice to use Capsicum in Scarlet Fever as in any other form of fever, it being a disease of a highly inflammatory character, and yet a majority probably of the profession make use of this article in Scarlatina, and many of them depend exclusively upon it.

33. As a consequence of a reduction and derangement of vital action, there are in disease thickened, morbid secretions, by Dr. Thomson termed "Canker," formed on the lining membrane of the stomach and bowels, and which in acute disease, as in Dysentery,

Pleurisy, the various forms of Eruptive disease and all other Febrile affections, tend more or less to putrefaction, and thus prove deleterious to the constitution. The stomach becoming coated with thickened tenacious secretion or "canker," is probably a general cause of a disease being protracted. It is an observation of Samuel Thomson, that "where there is a settled fever there is canker seated in the stomach." The tongue is more or less coated with "Canker" or morbid secretions in disease, and its appearance affords a criterion by which to judge of the condition of the stomach. A tendency in this Canker to soften and clean off from the edges of the tongue, is usually one of the first signs indicating a favorable crisis in a disease.

34. To remove the Canker is of the first importance in the cure of disease. This requires in the first place the use of such means as will excite the secretions, and restore the inward or natural heat, by which, as Dr. Thomson expresses it, "The Canker is brought to a point," and as these morbid secretions soften they may be removed by the use of what is known as No. 3, or medicine for Canker. The Tannin and Gallic Acid contained in these vegetable preparations, have a strong affinity for the Canker, and by combining with it overcome its tendency to putrefaction, and they also detach it from the mucous membranes, and thus remove obstructions to the secretions, and enable nourishment to be taken up by the Chyliferous Vessels.

35. In violent local determination of blood to a part or organ, as in Croup, Inflammation of the Brain, Violent Pleurisy, Inflammation of the Kidneys, Apoplexy, etc., one of the most important indications in the treatment is to overcome this undue determination to the diseased part by relaxing the system with "Lobelia," either by the stomach or administered by injection. The same course of treatment is applicable in Profuse Hemorrhage, as in Bleeding from the Lungs, Nose, or Uterine Organs.

36. Finally, Dr. Thomson's system fulfills all the important indications for the cure of disease in general; and, if judiciously applied, will effect a cure in all cases that are curable by means of medicine.

RULES TO BE FOLLOWED

IN THE

Treatment of Disease

1. Be careful to always keep the determining powers to the surface, by keeping the inward heat above the outward, or the fountain above the stream, and all will be safe.

2. It must be recollected that heat is life, and cold death; or, in other words, cold is disease; that fever is a friend and cold the enemy; it is therefore necessary to aid the friend and oppose the enemy in order to restore health.

3. That the construction and organization of the human frame is in all men essentially the same, being formed of the four elements. Earth and water constitute the solids of the body, which is made active by fire and air. Heat, in a peculiar manner, gives life and motion to the whole, and when entirely overpowered from whatever cause by the other elements, death ensues. Heat is possibly, actually speaking, not life itself, but the first manifestation of life. Cold of death.

4. A perfect state of health arises from a due balance of temperature of the elements, and when it is by any means destroyed, the body is more or less disordered. When this is the case, there is always a diminution of heat, or an increase of the power of cold, which is its opposite.

5. All disorders are caused by obstructed perspiration, which may be produced by a great variety of means; that medicine, therefore, must be administered that is best calculated to remove obstructions and promote perspiration.

6. The food taken into the stomach, and being well digested, nourishes the system and keeps up that heat on which life depends; but by constantly taking food into the stomach, which is sometimes not suitable for nourishment, it becomes foul, so that the food is not well digested; this causes the body to lose its heat, and disease follows.

7. Canker is caused by cold, and there is always more or less of it in all cases of disease; continue to make use of such remedies as are calculated to remove it as long as there is any appearance of the disorder.

8. When the disease is removed, make free use of those remedies that are good to restore the digestive powers, such as bitters, not forgetting to keep up the inward heat by giving occasionally some good and natural stimulant such as Capsicum in one grain doses.

9. Keep always in mind that "an ounce of preven-

tion is better than a pound of cure;" and give medicine on the first appearance of disorder, before it becomes seated, for it may be then easily thrown off, and much and dangerous sickness prevented.

10. In cases of fever increase the internal heat by giving hot medicines, such as Capsicum, so as to overpower the cold, when the natural heat will return inwardly, and the cold will pervade the whole surface of the body, as the heat had done before; this is what is called the turn of the fever.

11. If No. 1—Lobelia—should sicken and not puke, there may be two causes for it, *i. e.*, the coldness or acidity of the stomach; for the first, give Capsicum more freely, and for the latter dissolve a piece of Pearlash in a wine glass of water, and let the patient take it, which will counteract the acidity. If this fails, make use of the steam bath, which will open the pores, extract the cold, and set the medicine in operation.

By experience, I have found that it is always best to give a few grains of No. 2, which is Capsicum, with the No. 1, or Lobelia, as it acts much better and it keeps up the strength of the patient while the Lobelia is relaxing the system and doing its work.

12. In giving medicine to children, give about one-half, a little more or less according to their age, of the quantity directed for a grown person. Be particular to offer them drink often, especially young children who cannot ask for it.

Not so long ago, I had a patient, a baby weighing

but six pounds, who had Pneumonia in its worst form. I gave it one grain of Capsicum every hour and a grain of Pleurisy root between the doses of Capsicum. The patient recovered from the Pneumonia although regulars had said that it could not live.

13. Dysentery is caused by Canker on the bowels, for which make free use of the tea of No. 3, with No. 2, and give the same by injection in the first of the disease, and afterwards give the syrup, No. 5, to strengthen the stomach and bowels, and restore the digestive powers.

14. The piles is Canker below the reach of medicine given in the usual way, and must be cured by using a wash of No. 3, made strong, and by giving injections of the same with No. 2. What is called bearing down pains in women is from the same cause and must be relieved by injections made of witch-hazel or red raspberry leaf tea, steeped strong, with No. 2 strained. If this does not give relief, go through a regular course of medicine.

SPECIAL NOTE.—I, at the present time, do no longer use the teas or infusions, but depend entirely on Tinctures and fluid extracts of the different Physio-Medical or Thomsonian remedies. These can be had from nearly all our wholesale dealers. I use these tinctures, in many cases, in the coated tablet form. When I use the Tinctures or Fluid Extracts, I always give them in hot water and the action is uniform, handy, up-to-date, and they act exactly as

would the infusion or tea. In the Materia Medica, I will give the dose of each remedy used so that the modern Thomsonian physician can be as up-to-date as those known as the "regulars" and still follow the only scientific system of medication. These Tinctures or Fluid Extracts can be mixed to form Nos. 1, 2, 3, 4, 5, 6, 7, 8, etc., and can always be carried in the medicine case ready for immediate use.

15. Women in a state of pregnancy ought to be carried through a regular course of the medicine, especially when near the time of delivery. When in travail give raspberry leaf tea, with a teaspoonful of the composition powders, or No. 2, and keep them in a perspiration. After delivery keep up the internal heat by giving the composition powder, or No. 2. This will prevent cold and after pains; if there should be symptoms of fever, carry them through a regular course of the medicine, which will guard against all alarming complaints peculiar in such cases.

16. In all cases of a burn, scald, or being frozen, wrap up the parts in cloths wet with cold water, often wetting them with the same to prevent their becoming dry, and be careful to give hot medicine, such as Capsicum, or the composition powders, to keep up the inward heat. Pursue this plan for twelve hours, and then, if the skin is off, apply the poultice or salve. If there should be convulsions or fever, a regular course of the medicine must, without fail, be given.

17. When a scald is over the whole or greater part of the body, apply cotton cloth of several thicknesses to

the whole body, wet with the tea of raspberry leaves, thoroughly wetting it with the same to prevent it from becoming dry, and giving the Capsicum in one grain doses every half-hour. When the scald is under the stocking, or any other tight garment, let it remain on, adding more cotton cloths, and wet the whole with cold water as often as the smart of the burn returns.

18. If the skin is off, or in case of an old burn, to guard against canker, apply a poultice of cracker dust and slippery-elm bark, made with a tea of raspberry leaves, washing it with soap suds when the poultice is changed, and then with the same tea. When any part is frozen, the same methods must be taken as for a burn.

19. For a fresh wound, cut, or bruise, wash immediately with cold water, and bind up in cloths wet with the same; keep a hot water bottle or hot iron at the feet, and take Capsicum to raise a gentle perspiration; continue this till the inflammation is allayed, and the wound perfectly cleansed, then apply the poultice or salve, till healed. The air must be kept from all wounds or sores, as it will cause pain, and prevent them from healing.

20. In sudden and deadly attacks, such as spotted or yellow fevers, fits, drowned persons, croup, etc., the heat and activity of the patient are so much diminished that the common administration will not give relief; the determining power to the surface being so small, through the loss of internal heat, that

it will not give the medicine operation, as its effects are resisted and counterbalanced by the pressure of the external air. To counteract this pressure, keep the room, by aid of a good fire, about as warm as a summer heat; and more fully to rarify and lighten the air, and aid the operation of the medicine, make a free use of the steam bath, and keep the patient shielded by a blanket; at the same time give occasionally Lobelia and Capsicum, being Nos. 1 and 2. This course should be unremittingly persevered in till the patient is relieved.

21. If the glands are dry, so that there is no moisture in the mouth, or if the patient is much pressed for breath, give a strong tea of No. 2, or two grains of the Capsicum and repeat every one-half hour until the mouth becomes moist. No. 3 should not be used while the mouth is dry; if any is used, add a large portion of No. 2.

22. Be careful not to have the outward heat too high, by too many clothes or fire, for if this is the case, it will cause a balance of the outward and inward heat, and will prevent the medicine from operating by stopping the circulation, and the patient will be very much distressed. When this happens, throw cold vinegar on the face and stomach, and give more Capsicum, which will let down the outward heat and raise the inward.

23. If the patient is restless, wet the head and body with cold vinegar, and if there are convulsions or

spasms, give the nerve medicine with the Capsicum. Injections must be also used.

24. Never make use of physic in cases where there is Canker internally, for it will draw the determining powers inward and increase the disease. I have seen so many bad effects from giving physics, that I disapprove the use of them and within the last two years of my practice I have not used them. A hot water injection is all that is necessary.

25. Avoid *all* minerals used as medicine, such as mercury, arsenic, antimony, calomel, preparations of copper or lead, and also morphia and opium. *They are all poisons, and deadly enemies to life.*

26. Beware of bleeding and blistering, as they can *never* do any good, and may be productive of much harm, they are contrary to nature, and strengthen the power of the enemy to health. Remove all causes by natural means and the effects will surely leave of themselves.

27. Do not make use of Saltpetre in any way whatever; it is the greatest cold of anything that can be taken into the stomach, and was *never* intended for any other purpose than to *destroy* life. It is a very bad practice to put it on meat, for it destroys all the juices, which are the nourishing part, and leaves the flesh hard and difficult to digest.

28. Keep your patients from meats of all kinds. *Pork is a combination of Cancer and Scrofula,* was never intended to eat. Meat is not necessary as a food. Put your patients on Sweet Oil, Olive Oil, Nuts and

fresh Butter and note the wonderful results. *Make your patient live natural.*

29. Be careful to instruct them about drinking cold water in very hot weather, as it will tend to let down the inward heat so suddenly as to give full power to the cold. If this should happen, its fatal effects may be prevented by giving the hot medicine, Capsicum, to raise the inward heat above the outward. Be careful also not to cool suddenly after being very warm in consequence of uncommon exercise. *A doctor should be a teacher.* Instruct your patients in the right way of living.

30. Remember that regularity in diet is very important to preserve health, and that if more food is taken into the stomach than is well digested, it clogs the system and causes disease. Therefore be cautious not to eat too much at a time, and have your food well cooked. This is very important to those who have weakly constitutions.

31. *Ardent Spirit is slow poison;* it is taken to stimulate, but this effect is soon over, and much use of it destroys the tone of the stomach, injures the digestive powers, and causes disease. It is therefore much better, when the feeling requires anything of the kind, to make use of stimulating medicine, such as Nos. 2 and 6, for these will answer a far better purpose.

32. In that very common trouble known as Anaemia, it has been the habit of physicians to prescribe all kinds of meats or animal preparations. *Let these things severely alone in your practice.* Prescribe

Nuts of all kinds instead of meats, also butter, eggs, cream, etc., and instead of Cod Liver Oil, which the stomach *cannot* digest or assimilate, and other animal preparations, give Olive Oil, the French is best, three times a day. It is best to give it in tablespoonful doses before meals. With the odorless and tasteless preparations of this valuable medicine now to be had, anyone can take it and the most delicate stomach can retain it.

33. Keep your patients from using black pepper, vinegar, etc. Instead of using black pepper, *get them to use a slight amount of Cayenne*, and instead of vinegar, *get them to use lemon juice.* Not the lemon extracts, *but the pure juice*, pressed out of the lemon as it is needed. *Ferments are of no value and do a great deal of harm.*

The Use of Emetics
IN THE
Treatment of Disease

Thomsonian emetics constitute the most effectual remedy employed in the treatment of disease. There is scarcely a form or variety of disease in which the use of emetics will not prove beneficial, and in many instances they are indispensably necessary to the recovery of the patient.

Previous to the discovery of the medical properties of Lobelia by Samuel Thomson, poisonous articles were employed almost exclusively as emetics. Even now the medical profession continues to prescribe the same deleterious articles, notwithstanding the evidence afforded of the efficiency of Lobelia emetics in cleansing the stomach, and likewise knowing as they do that it possesses no deleterious qualities.

In some cases of slight or sudden attacks of disease, all that is required by the operation of an emetic is merely to throw off the foul contents of the stomach, which had oppressed and distended its functions. But where disease has become seated, other important objects are obtained by the operation of Thomsonian emetics. They relax the system, and in this way overcome obstructions, equalize the circu-

lation of the blood and of the nervous influence; invigorate the energies of the stomach, and remove morbid secretions from its mucous surface; restore the secretions, and in fact, assist the constitution in resisting disease, and thus aid her efforts in restoring to health.

Whenever there is a general fever pervading the body, it is evidence of a diseased condition of the stomach; and hence in fever, the use of emetics are particularly indicated. Whether a fever arises from the cause of undigested food in the stomach, worms in the intestines, its energies sunken or its functions prostrated by the poisonous influence of Marsh Effluvia, or from previous exposure to cold, Thomsonian emetics are indicated.

In measles, scarlet fever, and small-pox the disease will be rendered more mild in its character, less dangerous, and sometimes of shorter duration by the early administration of a Thomsonian emetic.

In disease of children, emetics constitute by far the most efficient remedy. Vomiting is nature's method of relieving the stomach of infancy. *If a child does not vomit at any time, it can be set down as an absolute sign that the child will not live for any length of time.* We can scarcely do wrong in giving emetics to sick children, more especially at an early stage of disease. In cases of sudden attacks of fever, croup, convulsions, etc., Lobelia should be given freely, either in powder in warm teas, or in simple warm water, the tincture, or the third preparation. The latter is par-

ticularly adapted to cases of spasms, and in cases where the heat of the system is very low, and in the advanced stages of disease. No danger need be apprehended from vomiting a child too much in croup, nor in any other violent attack of disease; nor of relaxing the system too much with Lobelia, especially if a few grains of Capsicum be given with the Lobelia. This might well be called an Elixir of Life.

In protracted chills, where the patient is in a stupor, the third preparation of Lobelia should be freely given, with the application of external warmth and friction to the surface with a view of bringing on a reaction.

Emetics administered in the early period of scarlet fever will sometimes exert a powerful influence in moderating the violence, and in shortening the duration of the disease.

In cases of bleeding from the lungs the effect of the operation of emetics is to attract blood from the lungs and diffuse it through the system by which the bleeding will be checked. Warm foot baths, or the vapor bath should be employed to aid in restoring the natural equilibrium of the circulation of the blood.

In bleeding from the stomach, in which case blood will be raised by vomiting, the employment of active emetics are indicated, not only for dislodging accumulations of blood in the stomach, which may have oppressed its energies, but to cause a distribution of blood throughout the system, and to strengthen the weakened capillary vessels of the mucous membrane

of the stomach. The third preparation of Lobelia given freely, together with the application of the vapor bath, is successful in the treatment of bleeding from the stomach, and it is not known to have ever failed in checking the hemorrhage.

In uterine hemorrhage the flow of blood may in general be controlled by active emetics, aided by the use of injections of Geranium directly to the parts, or packing with cotton which has been made wet with tincture of Geranium. Nothing is equal to this.

In severe colds and sore throat, either from inflammation or the existence of ulcers, emetics are of great utility.

Emetics are more effectual than any other remedy in the cure of consumption, bronchitis, and other forms of disease of the chest. I never do without a tablet composed of Lobelia and Capsicum in the treatment of these diseases and always give a tablet containing two grains of Lobelia and eight grains of Capsicum before meals. This acts as a powerful tonic and there is *no reaction.*

The most severe paroxysms of asthma may be overcome by a thorough emetic, more especially when the emetic is preceded by the application of a vapor bath, rendering the system more sensitive to the impression of medicine.

In pleurisy and inflammation of the lungs, emetics may be employed with great advantage, more especially in the early period of the disease. I have never observed the act of vomiting to be attended with

much pain or difficulty in the most violent cases of pleurisy and inflammation of the lungs. As a patient sickens the system becomes relaxed, which affords an explanation why a patient may vomit with so little pain or difficulty when there is active inflammation in the pleura or lungs.

In their wide and pervading operation, emetics subdue or have a tendency to subdue vascular action, to remove cutaneous constriction, promote absorption from the lungs, facilitate expectoration, lessen dyspnoea, cough and saguineous discharge, to calm the system by equalizing excitement, and thus re-establishing that just balance in the distribution of the blood, on which the restoration and maintenance of health so materially depends.

In whooping cough more benefit may be derived from the use of emetics than from any other remedy. In violent cases an emetic should be given daily, or even two or three times a day. In those cases when violent paroxysms of coughing are observed to come on at certain periods, it is a good practice to place the patient under the influence of Lobelia, given even to the amount necessary to cause free vomiting *previously* to the time at which the paroxysms of coughing usually come on.

Emetics form an important part of the treatment for rheumatism, lumbago, gout, neuralgia, etc. No remedy under my observation produces so much relief in these forms of disease as active emetics; their efficacy will be greatly enhanced by the previous ap-

plication of a vapor bath.

Of the various remedies that have been employed in the treatment of dyspepsia, emetics have proved the most successful. Even in cases where there is extreme tenderness at the pit of the stomach, an emetic after a vapor bath will afford more relief in general than any other remedy. In the early stage of dyspepsia, digestion, in most instances, may be restored by one or two active emetics, followed by the free use of Capsicum at meals.

Sick-headache depending upon a disordered condition of the stomach may be speedily relieved by a prompt emetic. Besides the speedy relief which the operation of emetics afford, they sometimes break up the disease altogether, the patient being freed from subsequent attacks.

Emetics are well adapted to the cure of every variety of colic, or cramp in the stomach. In diarrhoea, dysentery and cholera morbus, digestion is lost, and the stomach contains more or less foul matter, and its mucous surface is coated with thickened secretions, oppressing its functions, which increase the distress of the latter, and favor the disease. Hence to excite free vomiting is particularly indicated in the cure of such disorders. Besides relieving the stomach of foul matters, Thomsonian emetics exert a beneficial influence upon the secretions, cause a determination to the surface, restore capillary circulation, and aid the efforts of nature to restore healthy action in the mucous membrane of

the bowels.

Epilepsy, or falling sickness, is in many instances occasioned by an oppressed or otherwise disordered state of the stomach, demanding the use of emetics. By exhibiting them just *before* the accession of the paroxysm, they will often prevent it, and even if they fail in this respect, they render it milder and of shorter duration. Nor is this all which they accomplish. By the strong and direct impression made on the stomach, the commencement in that organ of the wrong association constituting the disease, is broken, and afterwards it yields readily to tonics.

Nearly the same views may be taken of hysteria. Even admitting that the disease is mostly radiated in the uterus, it does unquestionably often proceed from gastric irritation, and demands to be treated accordingly. Whatever may be the immediate cause of the paroxysm, no remedy is so effectual as vomiting. It promptly allays the convulsive agitations of the nervous system, and produces a state of mental composure which invites to sleep.

The better way is to give an emetic during the paroxysm to cut it short and afterwards treat the cause which will usually be found to have its seat in the uterus. It may be an irritated or ulcerated womb, or something else, but it is always caused by the state of the womb and uterus, this affects the nervous system and brings on the paroxysm. Lobelia is of *immense* value in preventing the tension of the nervous system and the uterus must be, in the meantime, treated for the trouble.

Apoplexy brought on, as it often is, by a mass of undigested food in the stomach, calls for the free exhibition of emetics, of which the third preparation of Lobelia is the most appropriate. Lobelia should also be administered by injection and allowed to be retained in the bowels, to assist in exciting vomiting, relax the system, and equalize the nervous influence. Even if the seat of apoplexy is in the brain, and incurable, as it often proves to be, still the treatment can do no harm.

Mania is generally associated with, and most frequently dependent upon a disordered condition of the stomach. Many cases have been cured by free vomiting with stimulating emetics.

In long-continued dyspepsia, as in other forms of seated disease, the mucous membrane of the stomach becomes more or less coated with a false membrane; a general torpor then pervades the system, the nervous energy is prostrated, and the energies of the mind often greatly depressed. In such cases there is *no* plan of medical treatment which promises equal success with that of the frequent use of the steam bath and stimulating emetics. These means will prove the most effectual in restoring the secretions, and causing the detachment and removal of false membrane lining the stomach. Without effecting this the functions of the stomach cannot be restored. It has been observed on many occasions, that patients who had been long affected with dyspepsia, are very liable to experience severe pain under the operation

of an emetic, and often complain of feeling worse about the time the disease is taking a favorable change.

Affections of the head in general proceed from derangement of the stomach, so that not only in sick-headache are emetics indicated, but the most violent neuralgic pains in the head, accompanied with extreme tenderness of the scalp, will sometimes be promptly relieved by free vomiting. Even genuine tic-doloreux, the neuralgia of some writers, has been cured, in several instances, by this same practice, and with such facility as to place it decidedly above all other modes of treating this most painful, and hitherto nearly unmanageable affection.

The operation of emetics in connection with the use of the vapor bath are applicable to cases of dropsy. Besides cleansing the stomach, placing the system under the relaxing influence of Lobelia promotes the action of the absorbent vessels, and consequently the use of this remedy is particularly well adapted to cases of dropsy.

Emetics form an important part of the treatment for the cure of jaundice. Many cases of this form of disease were and are cured by the administration of a vapor bath and an emetic, the patient having taken freely of composition and compound Lobelia a few days preceding the bath and emetic. Cases that are deeply seated will require, as do other forms of seated disease, a *repetition* of courses of medicine, together with the appropriate intermediate treatment.

Persons laboring under the poisonous effects of mercury will experience benefit from the use of the vapor baths and emetics.

Torpor of the liver, which attends jaundice and bilious fever, has frequently been removed, and the functions of this important organ restored through the influence of vapor baths, and active emetics. To restore the natural temperature of the blood and impart elecricity to it, by the steam bath; to relax the system with Lobelia; together with the influence of straining efforts to vomit constitutes the most effectual means of relieving congestion of the liver, and of restoring its functions. Lobelia administered by injection, and retained, exerts the same beneficial influence upon the system as when taken into the stomach. Many patients will not admit that anything be given them to cause vomiting as they labor under the impression that a medicine that causes vomiting or sickening of the stomach is not indicated in their case and the physician will therefore bear in mind, that when he has to deal with this class of people, he can give the Lobelia by injection and that it will help the same, in most cases, as though it had been given per orum.

Whenever the system experiences a severe shock, as by falling from a height, a violent blow, or by a severe burn or scald, digestion will be suspended, and if the accident should happen soon after, or within an hour or two after the patient has taken a hearty meal, the stomach should be evacuated by an active emetic.

This may save the patient a great deal of suffering and materially lessen the danger of the injury.

Thomsonian emetics may be employed with perfect safety during every stage of pregnancy; and most of the derangements of the system consequent upon that state, such as a feeling of fullness, dizziness, or violent pain in the head; pain and distress in the back and loins; extreme sickness; water brash; and distress at the stomach, may be relieved and frequently entirely *removed*, for a time at least, by an active Lobelia emetic preceded by the use of an enema, and a vapor bath. Women can be carried through from three to nine Thomsonian courses of medicine during the last two weeks preceding their confinement, *invariably* deriving benefit, and generally *complete* relief from distress, by their operation. *A full course of medicine administered just before confinement is incomparably the best plan of treatment that has ever been adopted for insuring an easy and safe labor.*

Child-bed fever, convulsions, and other forms of disease which sometimes come on after confinement, doubtless in the great majority of instances may be prevented, or at least the system be placed in a far better condition to resist the influence of the usual exciting cause of disease, by a course of medicine administered in the first stage of pregnancy.

The condition of the stomach excites a controlling influence over local diseases, such as painful swellings in every part of the body, swelled breast, and swellings in the groin, neuralgia, local inflammation, gout,

disease of the kidneys, carbuncle, affections of the spine, abscesses, etc. In the early stage painful swellings can be brought to a crisis and dispersed without suppuration taking place, by administering vapor baths and emetics, together with a proper use of injections to assist the action of the bowels.

Just so much as the stomach is disordered will local disease become generally more difficult to cure. I have known indolent ulcers of several years standing to be healed in a few weeks, chiefly by improving the condition of the system generally and more particularly that of the stomach, by Thomsonian courses of medicine, of which the emetic constitutes *undoubtedly* the most important part of the treatment.

Even when the seat of disease is located principally in the brain, emetics may be given with great advantage in many cases. This is because the brain is really the station of the nervous system and whatever affects the nervous system, even in a small way, will most directly affect the brain. Lobelia has its greatest influence on the nervous system and consequently, its effects on the brain are just as great as on any part of the nervous system.

If a person be injured on the head or any part of the body, and the accident occurs soon after the patient has taken a hearty meal, a prompt emetic should be given, or the patient be made to vomit freely by some means. If this is neglected the stomach will be oppressed by a mass of undigested food, aggravating the symptoms, and causing the

patient much suffering.

When any substance is lodged in the throat, means should at once be taken to cause vomiting. Where this cannot be effected by running a finger into the throat, an emetic of Lobelia should be given. If the patient cannot swallow an emetic, vomiting may be effected by administering one or two teaspoonfuls of Lobelia powder in warm water by injection, and retain it in the bowels. Besides producing vomiting this treatment will relax the system and thus tend to overcome the rigidity of the parts in which the foreign substance is lodged, and lessening the difficulty of its being removed.

Finally, in disease, the stomach is more or less coated with thickened tenacious secretions, for the removal of which there is *no* remedy so effectual as a Lobelia emetic given in combination with Capsicum and a strong decoction of Bayberry or Sumac.

The stomach possesses a very low degree of sensibility, so that its functions may be greatly depressed or disordered without the patient experiencing any symptoms of disease, except in parts remote from the stomach. One who is subject to a weakness in any part of the spine will experience an increase of the disease by the stomach becoming more disordered than usual. In many instances disease of the spine has been cured by the use of the vapor bath and emetics.

Eruptions of the skin, such as scald hand, nettle-rash, and tetter, are occasioned in general by derangement of the digestive functions and these erup-

tions may frequently be more effectually cured by emetics than by any external applications.

Only enough Lobelia should be given to cause the patient to vomit and immediately after that, Capsicum should be given in grain doses. It is also well to give a few grains of Capsicum with the Lobelia as this will keep up the strength and heat of the patient. If injection of Lobelia is given, a few grains of Capsicum should also be added to that.

Injections or Clysters.

(The Internal Bath)

This manner of administering medicine is of the greatest importance to the sick; it will frequently give relief when all other applications fail. It is supposed that the use of them is of great antiquity; whether this be true or not, the using them to relieve the sick was certainly a very valuable discovery, and no doubt thousands of lives have been saved by it. The doctors have long been in the practice of directing injections to be given to their patients, but they seem to have no other object in administering them than to cause a movement in the bowels; therefore it was immaterial what they were made of.

According to the plan which I have adopted, there are certain important objects aimed at in the administration of medicines to remove disease, viz: to raise the internal heat, promote perspiration, remove the canker, guard against mortification, and restore the digestion. To accomplish these objects, the medicine necessary to remove the complaint must be applied to that part where the disease is seated; if

in the stomach only, by taking the medicine it may be removed; but if in the bowels, the same compound must be administered by injection. Whatever is good to cure disease when taken into the stomach, *is likewise good for the same purpose if given by injection*, as the grand object is to warm the bowels and remove the canker. In all cases of dysentery, colic, piles, and other complaints where the bowels are badly affected, injections should never be dispensed with. *They are perfectly safe in all cases*, and better that they be used ten times when not needed, than once neglected when they are. In many violent cases, particularly where there is danger of mortification, patients may be relieved by administering medicine in this way, when there would be no chance in any other. I do, therefore, most seriously advise that these considerations be always borne in mind, and that this important way of giving relief be never neglected where there is any chance for it to do good. In many complaints peculiar to females, they are of great importance in giving relief when properly attended to; for which purpose it is only necessary to repeat what has been before stated—*let the remedy be applied with judgment and discretion to that part where the disease is seated.*

The common preparation for an injection or clyster is to take a teacupful of strong tea made of No. 3, strain it off when hot, and add half a teaspoonful of No. 2, and a teaspoonful of No. 6, when cool enough to give, add half a teaspoonful of No. 1, and the same quantity of nerve powder. (I now use these in com-

bination, using the tincture of each and have it always ready.) In this way you are up-to-date and the liquid compound that you put in the water is clear and there is but very little trouble in giving it. Get the tincture of Nos. 3, 2, 6, 1 and 7, take of each an amount equivalent in strength to that of the amount of powder directed in the foregoing. This would be about: Comp. Tinct. No 3, 2 drachms; Tinct. No. 2, or Capsicum, 3 grains; No. 6, 60 grains, or teaspoonful; No. 1, or Lobelia Tinct., 1 drachm; No. 7, or Tinct. Valerian, 1 drachm. Mix.

This mixture should be mixed with a quart of fairly warm water and injected, retained for a few minutes and then passed off. This may be repeated as often as required till relief is obtained.

Many other articles may be used to advantage in the injections; a tea of witch-hazel and red raspberry leaves, either or both together, are very good in many cases. For Canker, tea of either the articles described for this purpose will answer a good purpose and give the best of results. When the Canker is removed, the bowels will be left sore, in which case give injections of witch-hazel or red raspberry leaves tea, with slippery-elm bark. When injections are used to move the bowels only, No. 1 should be left out. It is always safe to add the nerve powder, and if there are nervous symptoms, it should never be omitted.

Steam or Vapor Baths

Although the use of the vapor bath as a means of curing disease was employed many centuries back, still the principle upon which it operates in removing disease was not fully explained, nor its utility in aiding the operation of medicine appreciated, before the time of Samuel Thomson.

The vapor bath constitutes an important part of the Thomsonian system of practice, fulfilling several important indications in the cure of disease. It diffuses warmth through the system, equalizes the circulation, imparts electricity to the blood, and increases the sensibilities of the system to the impression of medicine.

"I had but little knowledge of medicine," says Samuel Thomson, "when through necessity I discovered the use of steaming, to add heat or life to the decaying spark; and with it I was enabled by administering such vegetable medicines as I then had a knowledge of, to effect a cure in cases where the regular practitioners had given them over.

"In all cases where the heat of the body is so far exhausted as not to be rekindled by using the medicine, and being shielded from the surrounding air by

a blanket, or being in bed, and chills or stupor attend the patient, then applied heat by steaming becomes indispensably necessary; and heat caused by steam in the manner that I use it, is more natural in producing perspiration than any dry heat that can be applied to the body in any other manner; for a dry heat will only serve to dry the air and prevent perspiration in many cases of disease, where a steam by water or vinegar would promote perspiration and add a natural warmth to the body, and thereby increase the power of life and motion and aid in removing disease."

We often hear people say that when they bleed the blood is almost black, and so thick that it will scarcely run, and they believe that the blood is bad. The blood becomes thick and dark in consequence of its slow and torpid circulation for want of heat. Place a patient in the condition just mentioned in a vapor bath at a proper temperature, *and in less than twenty minutes the character of this blood will be changed*, so that instead of being almost as thick and dark as molasses, as it was before steaming, it will be of a natural color and consistency, in consequence of the warmth and electricity imparted to it by the steam, which also restores the natural current of its circulation through the lungs.

There is scarcely a form of disease or a condition of the system in which the vapor bath may not be employed, not only with safety but benefit. One of the most important objects gained by the application of the vapor bath is adding warmth and electricity to the

blood. It has been ascertained that in disease even of the most inflammatory character, the blood contains less electricity than it does when in a healthy condition, and by applying the vapor bath in the early stage of pleurisy, or rheumatism, the disease in many instances will be removed by it.

Disease of an inflammatory character generally proceeds from cold, and the buffy coat which appears on the blood drawn from one laboring under an inflammatory disease, may be attributed to the want of a sufficient amount of heat and electricity in the blood.

The vapor bath may be employed with immense benefit in disease of the urinary organs, as stranguary, gravel, retention of urine, inflammation of the lungs, etc.

Slight attacks of jaundice can be cured, in many instances, by a single vapor bath, followed by an emetic. In croup where the disease has continued several hours, the vapor bath is almost indispensible, in order to restore the natural warmth of the blood, and assist the operation of the medicine.

In asthma when the system is in a cold and torpid condition, medicine will often fail of affording much relief without the previous use of a vapor bath. In this form of disease it has been found that the hot air bath is as effectual as the vapor bath, and it may be administered with much less trouble.

Ordinary headache is speedily cured by a vapor bath. In dysentery and bowel complaints in general the use of the vapor bath is attended by the most

signal benefit.

In eruptive diseases, nettle-rash, small-pox, scarlet fever, varioloid, and measles, the vapor bath may be used with benefit at any stage of the disease. If the eruption be slow to appear, applying a vapor bath will bring it out to the surface; or if there be a tendency to retrocession or striking in of the eruption the vapor bath should be applied, or at least a moist heat should be applied around the patient, and powerful stimulants given, as the third preparation of Lobelia, and stimulating injections. In every stage of small-pox the vapor bath is grateful to the patient and aids the constitution in working off the disease. In the later period of small-pox, when scabs are forming and the patient much distressed, the steam bath will afford more relief than any other means that can be employed; and when the scales are dry and falling off there can be no better means employed for restoring the natural healthy condition of the skin than steaming. Scarlet fever and measles are very liable to be followed by dropsy, running of the ears, swelling of the glands, etc., arising in part from an unhealthy condition of the skin, which may be remedied by steaming the patient two or three times about the termination of the eruptive disease.

The duration of erysipelas may be shortened and the symptoms mitigated by steaming, *and in severe cases it should not be neglected.*

The vapor bath may be employed with especial benefit in all cases of dropsy except when the disease

is incurable.

In violent colds and catarrh where the breathing is greatly oppressed or the skin dry and husky, or cold and clammy, and the patient much distressed, the use of vapor baths becomes highly necessary, not only to relieve the distressing symptoms but to facilitate the operation of medicine. Thousands of patients die annually of consumption that in its early stage is curable under Thomsonian treatment.

In peritonitis, which is a most fatal form of disease after it has progressed to a certain stage, the vapor bath should be promptly and perseveringly applied, besides giving largely of Lobelia and pure stimulants.

In inflammation of the lungs, liver, stomach, bowels, or any other of the internal organs the use of the vapor bath will be found to relieve pain, assist the operation of medicine and shorten the course of the disease.

In "low fevers," as they are termed, where the heat and strength of the patient are far reduced, I have observed marked benefit to result from the application of steam to the patient. A patient who is too weak to sit up or even raise his head, will bear steaming on a couch or mattress in many instances over an hour without being debilitated by it, provided proper attention be paid to bathing the face and surface of the body occasionally with spirits or vinegar and giving stimulants. The most remarkable recoveries from "low malignant fevers," as they are termed, that I have known have been where the vapor bath has

been administered frequently and the third preparation of Lobelia administered freely, both by injection and to the stomach. In these cases the steam was of course applied to the patient in bed or on a couch.

The vapor bath forms an important auxiliary in the treatment of rheumatism, gout, lumbago, palsy, hysteria, chlorosis, neuralgia, consumption, fevers of every variety, scrofula, etc. Finally, the application of warmth to the body by means of steam aids the efforts of nature to overcome disease of every variety that is curable by the aid of medical treatment.

The steam bath affords a protection to the system against sickness; and when applied in the early stage of many forms of disease will effectually prevent it from becoming seated, by restoring the lost heat, promoting the secretions, and removing obstructions.

If the efficacy and safety of the steam bath in midwifery was generally known, the practice of giving ergot would become entirely abolished; for no sensible woman would willingly admit to be poisoned herself as well as the child, who had a knowledge of the utility of steaming, and more especially of the course of medicine. By means of the vapor bath and Lobelia the muscles may be more effectually relaxed than by anything else, and at the same time the secretions are promoted and nature assisted without the least possible degree of danger to the patient from the treatment. For pain in the back and loins during pregnancy the steam bath may be used with much benefit.

As a course of medicine has so frequently been

mentioned, it is well to here state what is meant by it and the most proper way to give it. First, give Nos. 2 and 3, or composition, adding a teaspoonful of No. 6; then steam, and when in bed repeat it, adding No. 1, which will cleanse the stomach and assist in keeping up a perspiration; when this has done operating, give an injection made with the same article. Where there are symptoms of nervous affection, or spasms, put half a teaspoonful of the nerve powder into each dose given, and into the injection. In violent cases, where immediate relief is needed, Nos. 1, 2, 3 and 6 may be given together. Injections may be administered at all times, and in all cases of disease, to advantage; *it can never do harm*, and in many cases they are indispensably necessary, especially where there is canker and inflammation in the bowels, and there is danger of mortification, in which case, add a teaspoonful of No. 6. In cases of this kind, the injection should be given first, or at the same time of giving the composition, or No. 3. The latter preferred.

The use of steaming is good in preventing sickness, as well as curing it. When a person has been exposed to the cold, and is threatened with disease, it may be prevented, and long sickness and expense saved, by a very little trouble, by standing over a steam and following the directions before given till the cold is thoroughly thrown off, and a lively perspiration takes place, then go to bed, taking a hot water bottle along and putting it to the feet. This may be done without the medicine, when it cannot be had; but it is much

better to take something to raise the inward heat at the same time. A tea made of Mayweed or Summer-Savory, or Ginger and hot water sweetened, may be given, or anything that is warming.

When a patient is carried through a course of medicine and steamed, who has been long under mercurial treatment, and while under the operation of the steam, when the heat is at the highest, *the face will swell*, in consequence of the poisonous vapor being condensed by the air, the face being open to it. To relieve this, put them in bed, and take a hot stone, wrapped in several thicknesses of cloth, wet with water, pouring on a little vinegar, and making a lively steam; put it in the bed and cover the head with the clothes and let them breathe the steam as hot as can be borne, until the sweat covers the swelled parts. This will, in about fifteen or twenty minutes, throw out the poison, and the swelling will abate. This method also is of great service in agues and tooth-ache caused by cold; and many other causes of obstruction from the same cause, especially young children stuffed on the lungs.

Directions for Preparing Remedies

USED IN

A Course of Medicine According to Dr. Thomson

No. 1.—Emetic Herb.

1. The powdered leaves and pods. This is the most common form of using it; and from half to a teaspoonful may be taken in warm water, sweetened; or the same quantity may be put into either of the other numbers when taken to cleanse the stomach, overpower the cold, and promote a free perspiration.

2. A tincture made from the green herb in spirit. This is used to counteract the effects of poison (to be either taken internally or applied externally) and for asthma and other complaints of the lungs. For a dose, take a teaspoonful, adding about the same quantity of No. 2 in half a teacupful of warm water, sweetened, and in all cases of nerve affection add half a teaspoonful of nerve powder. For the external effects of poison, take the above dose, and bathe the parts affected with the tincture, repeating it till cured.

3. The seeds reduced to a fine powder and mixed

with Nos. 2 and 6, is for the most violent attacks of spasms and other complaints, such as lock-jaw, bite of a mad-dog, fits, drowned persons, and all cases of suspended animation, where the vital spark is nearly extinct. For a dose, give a teaspoonful, and repeat it till relief is obtained; then follow with a tea of No. 3 for canker.

For children, the dose must be regulated according to their age. If very young, steep a dose of the powder in half a teacupful of warm water, or tea of raspberry leaves, and give a teaspoonful at a time of the tea, strained through a fine cloth, and sweetened, repeating the dose every ten minutes, till it operates, and give pennyroyal, or some other herb tea, for drink.

No. 2.—Cayenne. Capsicum.

This is a medicine of great value in the practice, and may be safely used in all cases of disease to raise and retain the internal vital heat of the system, cause a free perspiration, and keep the determining powers to the surface. The only preparation is to have it reduced to a fine powder. For a dose, take from half to a teaspoonful, in hot water, or a tea of No. 3, sweetened; or the same quantity may be mixed with a dose of either the other numbers when taken. The dose should be repeated every ten or fifteen minutes till the desired object is effected, and continued occasionally till health is restored. When this number is given, the patient should be kept warm by sitting by the fire, covered with a blanket, or in a warm bed.

No. 3.—For Canker.

Take bayberry root bark, white pond lily root, and the inner bark of hemlock, equal parts of each pounded and well mixed together; steep one ounce of the powder in a pint of boiling water, and give for a dose a common wineglassful, sweetened.

If the above cannot be had, take as a substitute summach bark, leaves or berries, red raspberry or witch-hazel leaves, marsh rosemary, or either of the other articles used for this purpose.

When the violence of the disease requires a course of medicine, steep one ounce of the above-mentioned powder, No. 3, in a pint of boiling water, strain off a wineglassful while hot, and add a teaspoonful of No. 2, and the same quantity of sugar; when cool enough to take, add a teaspoonful of No. 1, and half that quantity of nerve powder. Let this dose be given three times, at intervals of fifteen minutes, and let the same compound be given by injection, and if the case requires it, *repeat it*. If mortification is apprehended, a teaspoonful of No. 6 may be added to each dose, and to the injection.

After the patient has recovered sufficiently from the operation of the medicine, which is usually in two or three hours, place him in a steam bath as directed in another part of this work.

This operation is sufficient for one time, and must be repeated each day, or every other day, as the circumstances of the case may require, *till the disorder is removed*. Three times will generally be sufficient, and

sometimes once or twice will answer the purpose, but in bad chronic cases it may be necessary to continue to carry them through a regular course two or three times a week, for a considerable length of time.

Great care must be taken to keep up an internal heat, so as to produce perspiration, after they have been through the operation, by giving occasionally No. 2, or the composition powder, for if this is not attended to, the patient will have a relapse, in which case it will be very difficult to raise the heat again, as they will fall as much below a natural heat as they have been raised above it by artificial means.

During the operation give milk porridge, or gruel, well seasoned, with a little powdered Capsicum in it, and after it is over, the patients may eat any kind of nourishing food that the appetite may crave.

A teacupful of the tea of No. 3 should be taken night and morning to prevent a relapse of the disease, and during the day drink frequently of a tea made of poplar bark, and if costive, use the bitter root.

As soon as the disorder is removed, use the bitters, No. 4, to correct the bile and restore the digestion; and half a wineglassful of the syrup, No. 5, may be taken two or three times a day, which will strengthen the stomach and assist in regulating the digestive powers.

The foregoing directions are calculated for the more violent attacks of disease, and such as have become settled, but those of a less violent nature must be treated according to circumstances. In the

first stage of a disease, it may be most generally thrown off by a dose of the No. 1 Emetic Herb, with No. 2 to raise a free perspiration, followed by a tea of No. 3, to remove the canker, and the bitters or a tea of poplar bark to regulate the digestion. For a sudden cold, take a dose of the composition powder on going to bed, and put a hot stone, wrapped in wet cloths, at the feet, which will in most cases remove the complaint; but if these applications do not answer the purpose, the patient should be carried through a regular course as soon as possible. Steaming is safe and will always do good, and the injections must not be neglected, particularly where the bowels are disordered. In consumption, and all old, lingering complaints, give the composition powder for two or three days before going through a regular course.

No. 4.—Bitters.

Take the Bitter Herb, or Balmony, Barberry and Poplar Bark, equal parts, pulverized, one ounce of the powder to a pint of hot water, and half a pint of spirit. For a dose, take half a wineglassful. For hot bitters, add a teaspoonful of No. 2.

This preparation is calculated to correct the bile and create an appetite by restoring the digestive powers; and may be freely used both as a restorative and to prevent disease.

No. 5.—Syrup.

Take Poplar Bark and bark of the root of Bayberry, one pound each, and boil them in two gallons

of water; strain off and add seven pounds of good sugar; then scald and skim it, and add half a pound of peach meats, or the same quantity of cherry-stone meats, pounded fine. When cool add a gallon of good brandy, and keep in bottles for use. Take half a wineglassful two or three times a day.

Any other quantity may be prepared, by observing the same proportion of the different articles.

This syrup is very good to strengthen the stomach and bowels, and to restore weak patients, and is particularly useful in the dysentery, which leaves the stomach and bowels in a sore state. In a relax or the first stage of the dysentery, by using a tea of No. 3 freely and giving this syrup, it will generally cure it, and will also prevent those exposed from taking the disease.

No. 6.—Rheumatic Drops.

Take one gallon of good fourth-proof brandy, or any kind of high wines, one pound of gum myrrh, pounded fine, one ounce of No. 2, and put them into a stone jug, and boil it a few minutes in a kettle of water, leaving the jug unstopped. When settled, bottle it up for use. It may be prepared without boiling, by letting it stand in the jug five or six days, shaking it well every day, when it will be fit for use.

These drops are to remove pain and prevent mortification, to be taken, or applied externally, or to be put in the injections. One or two teaspoonfuls of these drops may be given alone, or the same quantity may be put into a dose of either of the medicines be-

fore mentioned, and may be also used to bathe with in all cases of external swellings or pains. It is an excellent remedy for rheumatism, by taking a dose and bathing the parts affected with it. In the headache, by taking a swallow, and bathing the head, and snuffing a little up the nose, it will remove the pain. It is good for bruises, sprains, swelled joints, and old sores, as it will allay the inflammation, bring down swellings, ease pain, and produce a tendency to heal; in fact, there is hardly a complaint in which this usefui medicine cannot be used to advantage. It is the best preservative against mortification of anything that has ever been found.

For bathing, in rheumatism, itch, or other humors, or in any swelling or external pain, add one quarter part of spirits of turpentine, and for sprains and bruises a little gum camphor may be added.

No. 7.—For Composition Powder.

Take two pounds of the bayberry root bark, one pound of the inner bark of hemlock, one pound of ginger, two ounces of Capsicum, two ounces of cloves, all pounded fine, sifted through a fine sieve, and well mixed together. For a dose, take a teaspoonful of this powder, with an equal quantity of sugar, and put to it half a teacupful of boiling water; to be taken as soon as sufficiently cool, the patient being in bed, or by the fire, covered with a blanket.

This composition is calculated for the first stages, and in less violent attacks of disease. It is a medicine

of much value, and may be safely used in all complaints of male or female, and for children. It is good for relax, dysentery, pain in the stomach and bowels, and to remove all obstructions caused by cold or loss of inward heat. By taking a dose on going to bed, and putting a hot stone to the feet, wrapped in wet cloths, it will cure a bad cold, and will generally throw off a disease in its first stages, if repeated two or three times. If the symptoms are violent, with much pain, add to each dose a teaspoonful of No. 6, and half a teaspoonful of No. 1, and in nervous symptoms add half a teaspoonful of nerve powder, at the same time giving an injection of the same. If these should not answer the purpose, the patient must be carried through a regular course of the medicine, as has been before described.

No. 8.—Nerve Powder.

American Valerian, or Ladies' Slipper; sometimes called Umbil, or Male and Female Nervine.

There are four species of this valuable vegetable, one male and three female. The male is called Yellow Umbil, and grows in swamps and wet land; has a large cluster of fibrous roots matted together, joined to a solid root, which puts forth several stalks that grow about two feet high; it has leaves something resembling the poke leaf. The female kinds are distinguished by the color of the blossoms, which are red, red and white, and white. The red has but two leaves, which grow out of the ground, and lean over

to the right and left, between which a single stalk shoots up to the height of from eight to ten inches, bearing on its top a red blossom of a very singular form, that gives it the name of Female Umbil. This kind is found on high ledges and in swamps. The red and white and white Umbil grows only in swamps, and is in larger clusters of roots than the yellow, but in a similar form; its top is similar to the red, except the color of the blossom. The yellow and red are the best for medicine; the roots should be dug in the fall when done growing, or in the spring, before the tops put forth. If dug when growing, the roots will nearly all dry up. When the roots are dug, they should be washed clean, carefully dried, and pounded or ground to a fine powder, sifted through a fine sieve, and preserved from the air for use.

This powder is the best nervine known. I have made great use of it and have always found it to produce the most beneficial effects in all cases of nervous affections, and in hysterical symptoms; in fact, it would be difficult to get along without it in my practice. It is perfectly harmless, and may be used in all cases of disease with safety, and is much better than opium, which only deadens the feelings, and relieves pain only by destroying sensibility without doing any good. It has been supposed by the doctors of the old school to be of a narcotic nature, but this is a mistake. They have drawn this conclusion, I suppose, from its tendency to promote sleep, but this is altogether owing to its quieting the nerves, and leaving the

patient at ease when nature requires sleep to recover the natural tone of the system. Half a teaspoonful may be given in hot water, sweetened, and the dose repeated if necessary; or the same quantity may be mixed with a dose of either the other numbers, when given, and put into the injections, and where there are nervous symptoms it should never be dispensed with.

Thompsonian Materia Medica

I shall make mention only of the most important articles used in the Thomsonian or Physio Medical practice and give only such as are non-poisonous. The article will be described in the Thomsonian terms but I shall also give the dose of the Tincture so that instead of making an infusion, the physician can buy the Tincture and will then have the remedy in uniform strength. In order to have a tincture to act as would an infusion, it is only necessary to give it in hot water and as often as the infusion would be given. Such preparations as Thomson's No. 5 are best made directly from the roots and barks. So is also the No. 6. The others can be prepared by mixing the tinctures of the given roots and barks and are then always ready for use. Capsicum and Lobelia I never use in the infusion of tea. I get the tablets made from the tinctures or fluid extracts. These I have found to give entire satisfaction, when coated, they are easy to take and they have never failed to give me satisfaction. They do their work and, in this form, are easy

to carry. The Physio Medicalist must be up-to-date and he can only be so by using these tried remedies in the most approved form.

EMETIC HERB.—*Lobelia Inflata Linnaeus.*

(According to Thomson.)

Says Thomson: "In giving a description of this valuable herb, I shall be more particular, because it is the most important article made use of in this system of practice, without which it would be incomplete, and the medical virtues of which, and the administering it in curing disease, I claim it as my own discovery. The first knowledge I ever had of it was obtained by accident more than forty years ago (1780), and never had any information whatever concerning it, except what I have gained by my own experience. A great deal has been said of late about this plant, both in favor and against its utility as a medicine; but all that the faculty have said or published concerning it only shows their ignorance on the subject; for there is very little truth in what they have stated concerning its medical properties, except wherein they have admitted it to be a certain cure for the asthma, one of the most distressing complaints that human nature is subject to. It is a truth which cannot be disputed by any one, that all they have known about this article, and the experiments that have been made to ascertain its value, originated in my making use of it in my practice."

In the course of my practice, a number of the doctors discovered that the medicine I make use of

produced effects which astonished them, and which they could not account for; this induced them to conclude that because it was so powerful in removing disease it must be poison. This, I think, can be very satisfactorily accounted for; they have no knowledge of anything in all their medical science (?) which is capable of producing a powerful effect upon the human system, except what is poisonous, and therefore naturally form their opinions agreeably to this erroneous theory. There is a power to produce life, and a power to produce death, which are of course directly opposed to each other; and whatever tends to promote life cannot cause death, let its power be ever so great. In this consists all the difference between my system of practice and that of the learned doctors. In consequence of their thus forming an erroneous opinion of this herb, which they had no knowledge of, they undertook to represent it as a deadly poison; and in order to destroy my practice, they raised a hue and cry about my killing my patients by administering it to them. Some of the faculty even made oath that it was poison, and when taken into the stomach, if it did not cause immediate vomiting, it was certain death. It is unnecessary for me now to point out the falsity of this, for the fact is pretty well known that there is no death in it; but, on the contrary, there is no vegetable that the earth produces more harmless in its effects on the human system, and more powerful in removing disease and promoting health.

There is no mention made of this herb by any author, that I have been able to find, previous to my discovering it, excepting by Linnaeus, who has given a correct description of it under the name of Lobelia Inflata; but there is nothing said of its medical properties; it is therefore reasonable to conclude that they were not known till I discovered it, and proved it to be useful. When the faculty first made the discovery that I used the Emetic Herb in my practice, they declared it to be a deadly poison; and while persecuting me by every means in their power, and representing to the world that I killed my patients with it, they were very ready to call it my medicine, and allow it to be my own discovery; but since their ignorance of it has been exposed, and they find it is going to become an article of great value, an attempt seems to be made to rob me of all the credit for causing its value to be known, and the profits which belong to me for the discovery. In which some who have been instructed by me are ready to join, for the purpose of promoting their own interest at my expense.

Dr. Thatcher, in his Dispensatory, has undertaken to give an account of this herb; but is very erroneous, except in the description of it, which is nearly correct. It appears that all the knowledge he has on the subject as to its virtues, is borrowed from others, and is probably derived from the ridiculous ideas entertained of its power by those doctors who knew nothing about it, except what they gained by my making

use of it, as has been before stated. As to its being dangerous to administer it, and that if it does not puke it frequently destroys the patient, and sometimes in five or six hours; and that even horses and cattle have been supposed to be killed by eating it accidently, is as absurd as it is untrue, and only proves their ignorance of the article. He tells a melancholy story about the Lobelia Inflata being administered by the adventurous hand of a noted empiric, who, he says, frequently administered it in a dose of a teaspoonful of the powdered leaves, and often repeated; which, he says, furnishes alarming examples of its deleterious properties and fatal effects. This, there is no doubt, alludes to me, and took its rise from the false statements circulated about me at the time of my persecution, to prejudice the public against my practice. It is true the dose that I usually prescribe is a teaspoonful of the powder; but that it ever produced any fatal effects is altogether incorrect, and is well known to be so by all who have any correct knowledge on the subject.

What is quoted in the Dispensatory, from the Rev. Dr. M. Cutler, concerning this herb, is, in general, correct, particularly as it regards its being a specific for the asthma; though he labored under many mistaken notions about its effects when taken into the stomach. He says: "If the quantity be a little increased, it operates as an emetic, and then as a cathartic, its effects being much the same as those of the common emetic and cathartics." In this he is mis-

taken, for it is entirely different from any other emetic known; and as to its operating as a cathartic, I never knew it to have such an effect in all my practice. And I certainly ought to know something about it, after having made use of it for about twenty years, and administering it in every form and manner that it can be given, and for every disease that has come within my knowledge. It appears that all the knowledge he and other doctors have got of this herb being useful in curing disease, particularly in the asthma, was obtained from me; for when I was persecuted, I was obliged to expose my discoveries to show the falsity of the indictment. Dr. Cutter was brought forward as a witness at my trial, to prove the virtues of this plant by his evidence that he cured himself of the asthma with it. He says the first information he had of its being good for that complaint was from Dr. Drury, of Marblehead. In the fall of the year 1807, I introduced the use of the Emetic Herb, tinctured in spirit, for the asthma and other complaints of the lungs, and cured several of the consumption. In 1808, I cured a woman in Newington of the asthma, who had not laid in her bed for six months. I gathered some of the young plants not bigger than a dollar, bruised them, and tinctured them in spirits, gave her the tincture, and she lay in bed the first night. I showed her what it was, and how to prepare and use it, and by taking this and other things according to my direction, she has enjoyed a comfortable state of health for twelve years, and has never been

obliged to sit up one night since. The same fall I used it in Beverly and Salem, Mass., and there can be no doubt but all the information concerning the value of this article was obtained from my practice.

After Dr. Cutler had given his testimony of the virtues of this herb, and the doctors having become convinced of its value, they come forward and say it is good medicine in skillful hands. Who, I would ask, is more skillful than he who discovered it, and taught them how to prepare and use it in curing one of the most distressing complaints known? If it is a good medicine, it is mine, and I am entitled to the credit of introducing it into use, and have paid dear for it; if it is poison, the doctors do not need it, as they have enough of that now. Dr. Thacher undertakes to make it appear that the fatal effects he tells about its producing, were owing to the quantity given; and says I administered a teaspoonful of the powder; and when he comes to give directions for using it, says that from ten to twenty grains may be given with safety. *It appears strange that different terms should produce such different effects in the operation of medicine. If a teaspoonful is given by an Empiric, its effects are fatal; but if the same quantity is administered by a so-called learned doctor, and called grains, it is a useful medicine.*

This herb is described in Thacher's Dispensatory under the names of Lobelia Inflata, Lobelia Emetica, Emetic Weed, and Indian Tobacco; and several other names have been given it, some by way of ridicule, and others for the purpose of creating a prejudice

against it; all of which has so confounded it with other articles that there is a difficulty in ascertaining what they mean to describe. I have been informed that there is a poisonous root grown in the Southern States called Lobelia, which has been used as a medicine; the calling this herb by that name has probably been one reason of its being thought to be poison. Why it has had the name of Indian Tobacco given it, I do not know; there is a plant that is called by that name, which grows in this country, but it is entirely different from this herb, both in appearance and medical virtues. In the United States Pharmacopaeia, there are directions given for preparing the tincture of Indian Tobacco; whether they mean this herb or the plant that has been always called by that name, does not appear; but it is probable they mean the Emetic Herb, and that all the knowledge they have of it is from Dr. Cutler's description. It is said by Thacher that it was employed by the aborigines and by those who deal in Indian remedies; and others who are attempting to rob me of the discovery affect to believe the same thing; but this is founded altogether upon conjecture, for they cannot produce a single instance of its having been employed as a medicine till I made use of it. The fact is, it is a new article, wholly unknown to the medical faculty till I introduced it into use, and the best evidence of this is that they are now ignorant of its powers; and all the knowledge they have of it has been obtained from my practice. It would be folly for me to undertake to say

but that it may have been used by the natives of this country; but one thing I am certain of, that I never had any knowledge of their using it, nor ever received any information concerning it from them, or anyone else.

The Emetic Herb may be found in the first stages of its growth at all times through the summer, from the size of a six-cent piece to that of a dollar, and larger, lying flat on the ground, in a round form, like a rose pressed flat, in order to bear the weight of snow which lies on it during the winter, and is subject to be winter-killed, like wheat. In the spring it looks yellow and pale, like other things suffering from wet and cold; but when the returning sun spreads forth its enlivening rays upon it, it lifts up its leaves and shoots forth a stalk to the height of from twelve to fifteen inches with a number of branches, carrying up its leaves with its growth. In July it puts forth small, pointed, pale blue blossoms, which are followed by small pods about the size of a white bean, containing numerous very small seeds. This pod is an exact resemblance of the human stomach, having an inlet and outlet higher than the middle, from the inlet it receives nourishment, and by the outlet discharges the seeds. It comes to maturity about the first of September, when the leaves and pods turn a little yellow; this is the best time to gather it. It is what is called by botanists a biennial plant, or of only two years' existence.

This plant is common in all parts of this country.

Wherever the land is fertile enough to yield support for its inhabitants it may be found. It is confined to no soil which is fit for cultivation, from the highest mountains to the lowest valleys. In hot and wet seasons it is most plenty on dry and warm lands; in hot and dry seasons on clayey and heavy lands. When the season is cold, either wet or dry, it rarely makes its appearance; and if the summer and fall are very dry the seed does not come up, and there will be very little to be found the next season. I have been in search of this herb from Boston to Canada, and was not able to collect more than two pounds; and in some seasons I have not been able to collect any. I mention this to show the uncertainty of its growth, and to put the herbalist on his guard to be careful and lay up a good stock of it when plenty. In the year 1807, if I had offered a reward of one thousand dollars for a pound of this herb, I should not have been able to have obtained it. I have seen the time that I would have given two dollars for an ounce of the powder, but there was none to be had; which necessity taught me to lay up all I could obtain when it was plenty.

In seasons when this herb is plenty, it may be found growing in highways and pastures; by the side of old turnpikes, and in stubble land, particularly where it has been laid down in grass the year before; when grass is scarce it is eaten by cattle, and is hard to be found when full grown. It is a wild plant, and a native of this country; but there is no doubt of its being common to other countries. It may be trans-

planted and cultivated in gardens, and will be much larger and more vigorous than when growing wild. If some stalks are left, it will sow itself, and probably may be produced from the seed; but how long the seeds remain in the ground before they come up, I do not know, never having made any experiments to ascertain the fact. It is certain that it is produced from the seed, and there is no good reason to suppose that it may not be cultivated in gardens from the seeds as well as other vegetables. I think it most probable, however, from the nature of the plant, that it will not come up till the seeds have laid at least one winter in the ground.

This plant is different in one very important particular from all others that I have a knowledge of, that the same quantity will produce the same effect in all stages of its growth, from its first appearance till it comes to maturity; but the best time for gathering it, as has before been mentioned, is when the leaves and pods begin to turn yellow, for then the seed is ripe, and you have all there can be of it. It should then be cut and kept clean, and spread in a large chamber or loft to dry, where it is open to the air in the day time, and to be shut from the damp air during the night. When perfectly dry, shake out the seed and sift it through a common meal sieve, and preserve it by itself; then beat off the leaves and pods from the stalks and preserve them clean. This herb may be prepared for use in three different ways, *i. e.*: 1st. The powdered leaves and pods. 2d. A tincture made

from the green herb with spirit. 3d. The seeds reduced to a fine powder and compounded with Nos. 2 and 6.

1. After the leaves and pods are separated from the stalks, pound or grind them in a mortar to fine powder, sift it through a fine sieve, and preserve it from the air. This is the most common preparation, and may be given in many different ways, either by itself or compounded with other articles. For a common dose, take a teaspoonful of this powder with the same quantity of sugar in half a teacupful of warm water, or a tea of No. 3 may be used instead of water; this dose may be taken all at one time, or at three times at intervals of ten minutes. For a young child, strain off the liquor and give a part, as circumstances shall require. There is but one way in which this herb can be prepared that it will refuse its service, and that is when boiled or scalded; it is therefore important to bear in mind that there must never be anything put to it warmer than a blood heat.

2. To prepare the tincture, take the green herb in any stage of its growth; if the small plants are used, take roots and all; put them into a mortar and pound them fine, then add the same quantity of good spirits; when well pounded and worked together, strain it through a fine cloth, and squeeze and press it hard to get out all the juice; save the liquor in bottles, close stopped, for use. Good vinegar or pepper-sauce may be used instead of the spirits, but is not so good. Prepared in this manner, it is an effectual counter-poison,

either taken internally or applied externally. It is also an excellent medicine for the asthma, and all complaints of the lungs. This is the only way in which the doctors have made use of the Emetic Herb; and they acknowledge it to be one of the best remedies in many complaints that have been found, though they know but little about it. For a dose, take from half to a teaspoonful. Its effects will be more certain if about the same quantity of No. 2 is added, and in all cases where there are nervous symptoms, add half a teaspoonful of nerve powder, Umbil, to the dose.

3. Reduce the seeds to a fine powder in a mortar, and take half an ounce of this powder, or about a large spoonful, with the same quantity of No. 2 made fine, and put them in a gill of No. 6, adding a teaspoonful of Umbil; to be kept close stopped in a bottle for use; when taken, to be well shaken together. This preparation is for the most violent attacks of disease, such as lockjaw, bite of mad dog, drowned persons, fits, spasms, and in all cases of suspended animation, where the vital spark is nearly extinct. It will go through the system like electricity, giving heat and life to every part. In cases where the spasms are so violent that they are stiff, and the jaws become set, by pouring some of this liquid into the mouth between the cheek and teeth, as soon as it touches the glands at the roots of the tongue the spasms will relax, and the jaws will become loosened so that the mouth will open; then give a dose of it,

and as soon as the spasms have abated, repeat it, and afterwards give a tea of No. 3, for canker. This course I never knew to fail of giving relief. It is good in less violent cases, to bring out the measles and smallpox, and if applied to pimples, warts, etc., will remove them. I have cured three dogs with this preparation, who were under the most violent symptoms of hydrophobia; one of my agents cured a man with it who had been bitten by a mad dog; and I have not the least doubt of its being a specific for that disease. For a dose, take a teaspoonful.—*Dr. Thomson.*

Would it not be better to establish institutes to give this treatment to those bitten by mad dogs than to take the deadly Pasteur treatment, which in itself gives the disease and never cures? It would, but so long as the Serum-fad craze lasts no common sense means will be followed. The people are as anxious to swallow any new fads, no matter how deadly, as a bird seizes upon a worm. Lockjaw has been cured time and again by this preparation but the newspapers never say a word about it. On the other hand, if one patient out of a hundred recovers of those on whom the deadly and costly serum is used the newspapers make a great row about it. Such is the sterile and impotent age. Sooner or later, the people will awake to a truer science and many changes, for the better, will then take place.

Much has been said of the power of the Emetic Herb, and some have expressed fears of it on that

account; but I can assure the public that there is not the least danger in using it; I have given it to children from one day old to persons of eighty years. It is most powerful in removing disease, but innocent in nature. Its operation in different persons is according to their different tempers, moving with the natural current of the animal spirits. There are two cases where this medicine will not operate, viz: when the patient is dying, and where there is no death; or in other words, where there is no disease. There can be no war where there is no enemy. When there is no cold in the body there is nothing to contend against, and when there is no heat in the body there is nothing to kindle; in either case, therefore, this medicine is silent and harmless. It is calculated to remove the cause and no more, as food removes hunger, and drink thirst. It clears all obstructions to the extremities, without regard to names of disease, until it produces an equilibrium in the system, and will be felt in the fingers and toes, producing a prickling feeling like that caused by a knock of the elbow; this symptom is alarming to those unacquainted with its operation; but is always favorable, being a certain indication of the turn of the disorder, and they generally gain from that time.

In regard to the quantity to be given as a dose, it is a matter of less consequence than is generally imagined. The most important thing is to give enough to produce the desired effect. If too little is given, it will worry the patient, and do little good; if more

is given than what is necessary, the surplus will be thrown off, and is a waste of medicine. I have given directions what I consider as a proper dose in common cases of the different preparations, but still it must be left to the judgment of those who use it how much to give. The most safe way will be to give the smallest prescribed dose first, then repeat it till it produces the wished-for operation. In cases where the stomach is cold and very foul, its operation will be slow and uncertain; in which case give No. 2, which will assist it in doing its work.

When this medicine is given to patients that are in a decline, or are laboring under a disease of long standing, the symptoms indicating a crisis will not take place till they have been carried through from three to eight courses of medicine; and the lower they have been the more alarming will be the symptoms. I have seen some who would lie and sob like a child who had been punished, for two hours, not able to speak or to raise their hands to their head; and the next day be about, and soon get well. In cases where they have taken considerable opium, and this medicine is administered, it will, in its operation, produce the same appearances and symptoms that are produced by opium when first given, which, having laid dormant, is roused into action by the enlivening qualities of this medicine, and they will be thrown into a senseless state; the whole system will be one complete mass of confusion, tumbling in every direction; will take two or three to hold them in bed; they grow

cold as though dying, remaining in this way from two to eight hours, and then awake, like one from sleep after a good night's rest, be entirely calm and sensible, as though nothing had ailed them. It is seldom they ever have more than one of these turns, as it is the last struggle of the disease, and they generally begin to recover from that time. I have been more particular in describing these effects of the medicine, as they are very alarming to those unacquainted with them, in order to show that there is no danger to be apprehended, as it is certain evidence of a favorable turn of the disease.

The Emetic Herb is of great value in preventing disease as well as curing it. By taking a dose when first attacked by any complaint it will throw it off, and frequently prevent long sickness. It not only acts as an emetic, and throws off the stomach everything that nature does not require for support of the system, but extends its effects to every part of the body. It is searching, enlivening, quickening, and has a great power in removing all obstructions; but it soon exhausts itself, and if not followed by some other medicine to hold the vital heat till nature is able to support itself by digesting the food, it will not be sufficient to remove a disease that has become seated. To effect this important object put me to much trouble, and after trying many experiments to get something that would answer the purpose, I found that what is described under No. 2 was the best and only medicine that would hold the heat in the stomach

and not evaporate; and by giving the Capsicum to remove the canker, which is the great cause of disease, and then followed with Nos. 4 and 5 to correct the bile, restore the digestion, and strengthen the system. I have had little trouble in effecting a cure. The dose of the standard Fluid Extract or Tincture of Lobelia is from 1 to 5 minims. Can be repeated every ten minutes until effects.

CAYENNE.—*Capsicum.*

(According to Dr. Thomson.)

This artice being so well known, it will be unnecessary to be very particular in describing it. It has been a long time used by being ground to powder, and a proportion of salt mixed with it; this destroys in some degree its stimulating effects and makes it less pungent; but it is not so good for medicine as in the pure state. It is said to be a native of South America, and is cultivated in many of the West Indies. That which comes to this country is brought from Demerara and Jamaica. It also grows in other parts of the world. There are several species that are described under the name of Capsicum, all of which are about the same as to their stimulating qualities. The pods only are used; they are long and pointed, are of a green color till ripe, when they turn of a bright orange-red. When the pods are green they are gathered and preserved in salt and water and brought to this country in bottles, when vinegar is put on them, which is sold under the name of pepper-sauce.

The ripe pods ground to a powder are what is used for medicine and cooking.

I shall not undertake to dispute but that cayenne has been used for medical purposes long before I had any knowedge of it, and that it is one of the safest and best articles ever discovered to remove disease, I know to be a fact, from long experience; but it is equally true that the medical faculty never considered it of much value, and the people had no knowledge of it as a medicine till I introduced it, by making use of it in my practice. Mention is made of Cayenne in the Edinburg Dispensatory, as chiefly employed for culinary purpose, but that of late it has been employed also in the practice of medicine. The author says that "there can be little doubt that it furnishes one of the purest and strongest stimulants which can be introduced into the stomach; while at the same time it has nothing of the narcotic effects of ardent spirits. It is said to have been used with success in curing some cases of disease that had resisted all other remedies." All this I am satisfied is true, for if given as a medicine it always will be found useful; but all the knowledge they had of it seems to have been derived from a few experiments that had been made, without fixing upon any particular manner of preparing or administering it, or in what disease, as is the case with all other articles that are introduced into general practice. In Thacher's Dispensatory, the same account is given of Cayenne as in the Edinburgh, and in almost the same words.

I never had any knowledge of Cayenne being useful as a medicine, or that it had ever been used as such, till I discovered it by accident, as has been the case with most other articles used by me. After I had fixed upon a system for my government in practice, I found much difficulty in getting something that would not only produce a strong heat in the body, but would retain it till the canker could be removed and the digestive powers restored, so that the food, by being properly digested, would maintain the natural heat. I tried a great number of articles that were of a hot nature, but could find nothing that would hold the heat any length of time. I made use of ginger, mustard, horseradish, peppermint, butternut bark, and many other hot medicines, but they were all more or less volatile, and would not have the desired effect. With these, however, and the Emetic Herb, together with the aid of steam, I was enabled to practice with pretty general success. In the fall of the year 1805, I was out in search of Umbil on a mountain in Walpole, N. H. I went into a house at the foot of the mountain to inquire for some rattlesnake oil. While in the house I saw a large string of red peppers hanging in the room, which put me in mind of what I had been a long time in search of to retain the internal heat. I knew them to be very hot, but did not know of what nature. I obtained these peppers, carried them home, reduced them to powder, and took some of the powder myself, and found it to answer the purpose better than anything else I had made use of. I put it

in spirit with the Emetic Herb, and gave the tincture mixed in a tea of witch-hazel leaves, and found that it would retain the heat in the stomach after puking, and preserve the strength of the patient in proportion. I made use of it in different ways for two years, and always with good success.

In the fall of 1808, I was in Newburyport, and saw a bottle of pepper-sauce, being the first that I had ever seen. I bought it and carried it home; got some kind of pepper that was dried, which I put into the bottle; this made it very hot. On my way home, was taken unwell, and was quite cold. I took a swallow from the bottle, which caused violent pain for a few minutes, when it produced perspiration, and I soon grew easy. I afterwards tried it and found that after it had expelled the cold, it would not cause pain. From these experiments I became convinced that this kind of pepper was much stronger, and would be better for medical use than the common red pepper. Soon after this I was again in Newburyport, and made inquiry, and found some cayenne, but it was prepared with salt for table use, which injured it for medical purposes. I tried it by tasting, and selected that which had the least salt in it. I afterwards made use of this article and found it to answer all the purposes wished, and was the very thing I had long been in search of. The next year I went to Portsmouth, and made inquiries concerning cayenne, and from those who dealt in the article, I learned that it was brought to this country from Demerara and

Jamaica, prepared only for table use, and that salt was put with it to preserve it and make it more palatable. I became acquainted with a French gentleman who had a brother in Demerara, and made arrangements with him to send to his brother and request him to procure some, and have it prepared without salt. He did so, and sent out a box containing about eighty pounds in a pure state. I sent also by many others that were going to the places where it grows to procure all they could; in consequence of which large quantities were imported into Portsmouth, much more than there was immediate demand for. I was not able to purchase but a small part of what was brought, and it was bought up by others on speculation, and sent to Boston. The consequence was that the price was so much reduced that it would not bring first cost, which put a stop to its being imported, and it has been very scarce.

When I first began to use this article it caused much talk among the people in Portsmouth and the adjoining towns. The doctors tried to frighten them by telling that I made use of cayenne pepper as a medicine, and that it would burn up the stomach and lungs as bad as vitriol. The people generally, however, became convinced by using it that all the doctors said about it was false, and it only proved their ignorance of its medicinal virtues and their malignity towards me. It soon came into general use, and the knowledge of its being useful in curing disease was spread all through the country. I made use of it in

curing the spotted fever, and where it was known, it was the only thing depended on for that disease. I have made use of cayenne in all kinds of disease, and have given it to patients of all ages and under every circumstance that has come under my practice, and can assure the public that it is perfectly harmless, never having known it to produce any bad effects whatever. It is no doubt the most powerful stimulant known; its power is entirely congenial to nature, being powerful only in raising and maintaining that heat on which life depends. It is extremely pungent and when taken sets the mouth as it were on fire; this lasts, however, but a few minutes, and I consider it essentially a benefit, for its effects on the glands causes the saliva to flow freely and leaves the mouth clean and moist.

The only preparation necessary is to have it ground or pounded to a fine powder. For a dose, from half to a teaspoonful may be taken in hot water, sweetened, or the same quantity may be mixed with either of the other numbers when taken. It will produce a free perspiration, which should be kept up by repeating the dose until the disease is removed. A spoonful, with an equal quantity of common salt, put into a gill of vinegar, makes a very good sauce to be eaten with meat, and will assist the appetite and strengthen the digestion. One spoonful of this preparation may be taken to good advantage, and will remove faint, sinking feelings, which some are subject to, especially in the spring of the year. Pepper-sauce

is good for the same purpose. A teaspoonful of cayenne pepper may be taken in a tumbler of cider, and is much better than ardent spirits. There is scarce any preparation of medicine that I make use of in which I do not put some of this article. It will cure the ague in the face, by taking a dose, and tying a small quantity in a fine cloth, and put it between the cheek and the teeth, on the side that is affected, sitting by the fire, covered with a blanket.

This is the history of this most valuable medicine and is given in Dr. Thomson's own language so as to take nothing from it. This medicine is no longer given in this form but is now given only in the purified tablet form. Dose from one to ten minims.

Capsicum. (Greer.)

Capsicum is the most pronounced stimulant of the materia medica, and it cannot be equalled for use when powerful and prolonged stimulation is needed, as in congestive chills, heart failure, etc. The whole circulation is affected by the agent, and it can be used externally as well as internally. Liniments for neuralgia, sciatica, paralysis, etc., should contain Capsicum. And in chronic, sluggish conditions a small amount may be added to other kinds of medication. In congested, ulcerated or infectious sore throat it is most excellent, especially combined with myrrh. It is antiseptic in character and a most suitable gargle in diphtheria. Given internally it will check uterine hemmorrhages. One grain is considered a full dose, except for rare cases, as in con-

gestive chills. Ten grains to a pint of boiling water will make an ordinary infusion. Capsicum plasters are valuable for pneumonia and other conditions, but should not be allowed to remain over an hour on the parts.

The best way to give Capsicum is to have the tablets and drink down with fairly hot water. In this way the patient does not get the taste of them. In my practice I use the sugar-coated one-grain tablet.

Ginger.—Zingiber.

This universal agent is a most pleasant diffusive stimulant, and is excellent for chilliness, new colds, colic and disturbances of the circulation. It quickly sends the blood to the surface, and its prompt use may avert a spell of pneumonia or other serious malady. It is best given in infusion with No. 3. A pleasant way of preparing it is to mix thoroughly half a teaspoonful of pulverized ginger and a teaspoonful of sugar and pour upon it a cup of boiling water and add a little cream. The tincture of ginger is readily procured and is an excellent form of ginger to keep on hand for emergencies. In Pneumonia and Pleurisy, I use part tincture of Ginger and equal amount of Pleurisy root. This has never failed me in a single case although physicians loose fifty per cent. of their patients as a rule. The external application of the tincture of ginger over the abdomen often gives relief in colic. Syrup of ginger is made by adding six drachms of the tincture to a pint of simple syrup; it is

a good basis for many preparations. The Tinct. of Jamaica Zingiber is the preparation used in medicine.

BAYBERRY.—*Myrica Cerifera.*

This is a species of the myrtle, from which wax is obtained from the berries, and grows common in many parts of this country. It is a shrub growing from two to four feet high, and is easily known by the berries which it produces annually, containing wax in abundance. These grow on the branches close to them similar to the juniper. The leaves are of a deep green. The bark of the roots is what is used for medicine, and should be collected in the spring, before it puts forth its leaves, or in the fall, after done growing, as then the sap is in the roots; this should be attended to in gathering all kinds of medicinal roots; but those things that the tops are used should be collected in the summer when nearly full grown, as then the sap is on the top. The roots should be dug and cleaned from the dirt, and pounded with a mallet or club, when the bark is easily separated from the stalk, and may be obtained with little trouble. It should be dried in a chamber or loft, where it is not exposed to the weather; and, when perfectly dry, should be ground or pounded to a fine powder. It is an excellent medicine, either taken by itself or compounded with other articles; and is the best thing for canker of any article to be found.

In scrofulous diarrhoea and chronic cholera infantum and goitre it is one of the best agents.

Its influence on the uterus is very positive. In prolapsus uteri it is splendid, and in parturition it cannot be well excelled. It induces better contractions and when given near the end of the confinement it will anticipate flooding, and should there be excessive lochia it will assist in stopping the excess. Its influence is also good in excessive menstruation or hemorrhages from other parts of the body and in female weakness.

In hot infusion it gradually arouses the circulation and favors an outward flow of blood. A good free perspiration will follow, which will be more abundant if Zingiber be added. When the stomach is very foul, it will frequently operate as an emetic.

In connection with lobelia it is used in producing emesis, which will be very valuable in the treatment of the conditions found in mercurial cachexia, scrofula and secondary syphilis. For emetic purposes it should be given with lobelia in hot infusion and is excellent to rid the system of impurities.

The dose of the Fluid Ext. or Tincture is from one-half to one drachm.

White Pond Lily.—The Root.

Nymphaea Odorata. Castalia Odorata.

This is well known from the beautiful flower which it bears, opening only to the sun, and closing again at night. It grows in fresh-water ponds, and is common in all parts of this country where I have been. The best time to gather it is in the fall of the year, when

dry, and the water ponds low, as it may then be obtained with little difficulty. It has large roots, which should be dug, washed clean, split into strips, and dried, as has been directed for the others. When perfectly dry, it should be pounded in a mortar, and preserved for use. This article is a very good medicine for canker, and all complaints of the bowels, given in a tea alone, or mixed with other medicine.

Locally for leucorrhoea it has few superiors, as also for prolapsus uteri, ulceration of the cervix, relaxed vagina.

It also forms a good wash for sore mouth and for scrofulous sores, and also as a wash for purulent ophthalmia.

Dose of Tincture is from one-half to one drachm.

Hemlock.—*Canadensis.* Inner Bark.

(Dr. Thomson.)

This is the common hemlock tree, and grows in all parts of New England. The best medicine is to peel the bark from the young tree, and shave the ross from the outside, and preserve only the inner bark; dry it carefully, and pound or grind the rind to a powder. A tea made by putting boiling water to this bark is a good medicine for canker, and many other complaints. The first of my using hemlock bark as medicine was in 1814. Being in want of something for canker, I tried some of it by chewing, and found it to answer, and made use of it to good advantage. Since then, have made constant use of it, and have always found

it a very good medicine, both for canker and other complaints of the bowels and stomach. A tea made of this bark is very good, and may be used freely; it is good to give the emetic and No. 2 in, and may be used for drink in all cases of sickness, especially when going through a course of medicine and steaming. This, with bayberry bark and the lily root, forms No. 3, or what has been commonly called coffee, though many other things may be added, or either of them be used to advantage alone. The boughs, made into a tea, are very good for gravel and other obstructions of the urinary passages, and for rheumatism.

The dose of the Fluid Ext. or Tincture is from 15 to 60 minims. One of the finest preparations made is Pinus Canadensis, made by the Rio Chemical Company of New York City. It is uniform in strength and gives entire satisfaction.

Marsh Rosemary.—*Statice Caroliniana.*

(Dr. Thomson.)

This article is very well known in all parts of this country, and has been made use of for canker and sore mouth. I have made use of it with bayberry bark as No. 3 in my practice for many years with good success; but after finding that the lily root and hemlock bark were better, have mostly laid it aside. It is so binding in its nature that it is not safe to use in without a large proportion of bayberry bark.

The root is a positive astringent, useful in acute and chronic diarrhoea and that resulting in typhoid

fever. It is also valuable in hemorrhages from whatever locality, and whether internal or superficial.

It is well to have such a remedy on hand to use in case of necessity as it can be depended upon in those cases where it is of the utmost importance to stop the drain on the system caused by either acute diarrhoea or hemorrhages.

SUMACH.—*Rhus Glabra.*

(Dr. Thomson.)

This appears to be a new article in medicine, entirely unknown to the medical faculty, as no mention is made of it by any author. The first of my knowledge that it was good for canker was when at Onion River, in 1807, attending the dysentery. Being in want of something to clear the stomach and bowels in that complaint, found that the bark, leaves or berries answered the purpose extremely well, and have made much use of it ever since. It is well known, and is found in all parts of the country; some of it grows from eight to twelve feet high, and has large spreading branches; the berries grow in large bunches, and when ripe are a deep red color, of a pleasant sour taste; and are used by the country people to dye with. The leaves and young sprouts are made use of in tanning morocco leather. For medicine, the bark should be peeled when full of sap, the leaves when full grown, and the berries when ripe; they should be carefully dried, and when used as part of No. 3 should be pounded, and may be used altogether, or either

separate. A tea made of either or altogether is very good, and may be given with safety in almost all complaints, or put into the injection. It will scour the stomach and bowels, and is good for strangury, as it promotes urine and relieves difficulties in the kidneys by removing obstructions and strengthening those parts. I have been in the habit of late years of making use of this article with bayberry bark and lily root, or hemlock bark, equal parts, for No. 3, and it has always answered a good purpose.

The leaves are the least astringent, but are valuable in dysentery and hemorrhages of lungs or uterus.

The bark is more stimulating, astringing and toning, and is valuable for leucorrhoea, inflammation of the bladder, and for rectal troubles, chronic diarrhoea and rectal hemorrhages.

The berries are a pleasant acid astringent. Fill a vessel full of berries, cover with boiling water and steep a half-hour. Then strain and sweeten to suit taste. This is a good beverage to allay irritation of the bladder and in the treatment of diabetes and for the relief of bloody urine.

Witch-Hazel.—*Hamamelis Virginica.*

(Dr. Thomson.)

I found the use of this article as medicine when I was quite young, and have made much use of it in all my practice. It is too well known in the country to need any description; is a small tree or bush, and grows very common, especially in new lands. A tea

made of the leaves is an excellent medicine in many complaints, and may be freely used to advantage. It is the best thing for bleeding at the stomach of any article I have ever found, either by giving the tea made of the dry leaves, or chewing them when green; have cured several with it. This complaint is caused by canker eating off the small blood vessels, and this medicine will remove the canker and stop the bleeding. I have made much use of the tea, made strong for injection, and found it in all complaints of the bowels to be very serviceable. An injection made of this tea, with a little of No. 2, is good for the piles, and many complaints common to females; and in bearing-down pains it will afford immediate relief, if properly administered. These leaves may be used in No. 3 to good advantage, as a substitute for either of the other articles, or alone for the same purpose.

The leaves and twigs are a pleasant, reliable, mild, soothing, diffusive, stimulating, astringent tonic. It chiefly influences the mucous membrane.

Locally it is used in gonorrhoea, and in gleet. The distilled, non-alcoholic extract is the best for this purpose. In the treatment of gonorrhoea it gives the best of results and no urethral contractions follow its use. In leucorrhoea it stimulates and tones the uterus and vagina.

In dysentery and diarrhoea it may be used alone or in conjunction with other remedies as per Dr. Thomson's instructions.

It is a very good remedy in hemorrhages, either

rectal, cystic or uterine.

It is valuable in the treatment of catarrh in any part of the system, whether vaginal or nasal. To the nose it can be applied with Nebulizer or anatomizer and to the womb on cotton.

It is of use in the treatment of prolapsus ani and in rectal hemorrhages. Is of use in sore eyes as a wash as it has no bad effect on the eyes.

This remedy is indicated in all sores or bleeding surfaces, no matter what their nature may be. By bearing this in mind, the physician can make no mistake. It is also indicated in all irritations, but this comes properly under the heading of sores. The dose of the Tincture is from 30 to 60 minims. The use of this remedy leaves absolutely no ill effects.

Red Raspberry.—*Rubus Strigosus.*

(Dr. Thomson.)

This is an excellent article, and I believe was never made use of as medicine till discovered by me. When in Eastport, I had no article with me good for canker, and I resorted to my old rule of tasting, and found that these leaves were good for that complaint; made into a strong tea, it answered every purpose wished. I gathered a large quantity of the leaves, and dried them, and have been in constant use of it as a medicine ever since, and have found it an excellent article, both for canker and many other complaints, for relax and other bowel complaints of children, it is the best thing that I have found; by

giving the tea and using it in the injections, it affords immediate relief. A tea made of the leaves, sweetened, with milk in it, is very pleasant, and may be used freely. It is the best thing for women in travail of any article I know of. Give a strong tea of it, with a little of No. 2, sweetened, and it will regulate everything as Nature requires. If the pains are untimely, it will make all quiet; if timely and lingering, give more No. 2 and Umbil in the tea. When the child is born, give it some of the tea with sugar and milk in it; this prevents sore mouth, and the tea is good to wash sore nipples with. A poultice made with this tea and cracker, or slippery-elm bark, is very good for burns or scalds; if the skin is off, by applying this poutlice or washing with the tea, it will harden and stop smarting. It may be used in No. 3 as a substitute for other articles, or alone, to good effect.

The leaves are a mild, pleasant, soothing, diffusive, stimualting, astringent tonic. It allays nausea, sustains the nerves, and tones the mucous membranes. It is effective in acute and chronic dysentery and diarrhoea although not as pronounced as some of the other remedies given. It will do good service in urethral irritation and soothe the kidneys and urinary tract and ducts. It will also sustain the uterus and stop hemorrhages. As an injection in leucorrhoea, gonorrhoea, dysentery and diarrhoea it is of much use as an injection. The dose of the Tincture is from 20 to 40 minims.

SQUAW WEED.—*Senecio Obovarus.*

(Dr. Thomson.)

This is known in the country by the name of frostweed, or meadow scabish; it is a wild weed, and grows in wet land, by the sides of brooks; it has a stalk that grows four or five feet high, which is rough and woolly, with a narrow leaf; and bears a blue blossom late in the Fall, which remains till the frost kills it. The root lives through the Winter, and in the Spring puts forth a new stalk; the leaves at the bottom remain green through the Winter. The roots and top are used for medicine. It has a fragrant taste and smells like lovage. It was the first thing I ever knew used for canker, and was given to me when I had the canker-rash, being considered then the best article known for canker. I have frequently used it for that complaint and found it very good. Take the green roots and leaves, bruise them, and pour on hot water; give this tea sweetened. It may be kept by adding a little spirit, and is good for rheumatism and nervous affections. It is perfectly harmless, and may be used freely. It makes a very good bitters, tinctured with hot water and spirit and is good for dizziness and cold hands and feet. Dose of the Tincture from 15 to 30 minims.

BITTER HERB, OR BALMONY.—*Chelone Glabra.*

(Dr. Thomson.)

This herb grows in wet mowing land, by the side of brooks. It is about the size of mint, the leaves some

larger; the stalk is four square. It bears a white blossom of singular form, resembling a snake's head with mouth open. For this reason it is sometimes known as snake-head or turtle bloom. This herb is a very good one to correct the bile, and create an appetite. A tea made of it may be used alone, or it may be added to the other articles described under No. 4, which are all calculated to restore the digestive powers.

It is a good remedy in the treatment of dyspepsia and may be used freely for atonic conditions. It influences the liver and is a moderate stimulating cholagogue. It is of service in the treatment of chronic jaundice on account of its action on the bile. As a mild hepatic tonic it does well in convalescence from fevers and other diseases where the liver was involved. In mal-assimilation it is one of the best agents, and it does good service in ridding the system of worms—stomach worms. In general debility it is of service as a tonic.

Combined with diuretics its tonic powers are exerted on the kidneys; and in dropsy where there is chronic hepatic and gastric torpor the influence of this remedy is good. Dose of the Tincture if from one-half to one drachm.

Poplar Bark.—*Populus Tremuloides.*

(Dr. Thomson.)

There are several species of the poplar tree that grow common in the country. One kind is called

the white poplar, and another the stinking poplar. The barks of both these kinds are good for medicine; but the latter is the best, being the most bitter. It has tags hanging on the limbs, which remain on till it leaves out, which is about a week later than the other kind. It has short brittle twigs, which are extremely bitter to the taste. The inner bark given as a tea is one of the best articles to regulate the bile and restore the digestive powers of anything I have ever used. The bark may be taken from the body of the tree, the limbs or the roots, and the outside shaved off. Preserve the inner bark, which should be dried and carefully preserved for use. To make the bitters No. 4, it should be pounded or ground fine, and mixed with the other articles, or it may be used alone for the same purpose. To make a tea, take a handful of the bark, pounded or cut into small strips, and put into a quart mug, and fill it with boiling water. This, if taken freely, will relax the system, will relieve headache, faintness at the stomach, and many other complaints caused by bad digestion. It is good for obstructions of the urine, and weakness in the loins; and those of a consumptive habit will find great relief in using this tea freely.

In chronic diarrhoea, chronic dysentery, cholera infantum, it is a tonic, not an astringent.

It is of much use in kidney and bladder trouble. It gradually increases the urine and relieves the aching back. If given with Uva ursi, it will give good results in cystic and renal catarrh and in congestions.

It is also indicated in uterine, vaginal and anal weakness, and can be used as a wash or internally. Is good as a wash in skin diseases and sores caused by gonorrhoea or syphilis. The dose of the Tincture is from 30 to 60 minims.

BARBERRY.—*Berberis Vulgaris.*

This is a house-yard shrub bearing bright red berries which are often used for preserving purposes. The bark is the portion that is used medicinally.

Barberry bark is an intensely bitter stimulant, used chiefly for torpid condition of the liver and flaccid conditions of the stomach. It is a pronounced tonic and is adapted only to chronic cases. In jaundice, accompanied by loss of strength and feeble appetite, it is valuable. It is much used in malarial diseases combined with other agents. An infusion of half an ounce to the pint of boiling water is sufficiently strong. Half a teacupful before meals will prove of much benefit. It is used as part of the bitters No. 4. The dose of the Tincture is from 5 to 10 drops.

BITTER-ROOT, OR WANDERING MILK-WEED.—

Apocynum Androsaemifolium.

This valuable vegetable grows in meadows and in hedges, and in appearance is something like buckwheat, having similar white blossoms; when the stalk is broken it discharges a milky substance; it has two small pods about the size of the cabbage seed pods, with a silky substance.

This herb is wandering, that is, the roots run about under ground to a considerable distance and produce many stalks, which grow up from different parts of the root to the height of about two feet. The kind that is commonly known by the name of wandering milk-weed grows only on upland. There is another kind which grows near rivers and on islands where high water flows over it; this differs some from the other in appearance; the roots run deep in the sand, it has leaves and pods like the first, and both are good for medicine. The bark of the root is used. The roots should be dug and dried, and when perfectly dry may be pounded in a mortar, when the bark is easily separated from the woody part. This root is very bitter, and is one of the greatest correctors of the bile I know of, and is an excellent medicine to remove costiveness, as it will cause the bowels to move in a natural manner. A strong decoction of this root, made by steeping it in hot water, if drank freely, will operate as a cathartic, and sometimes as an emetic, and is most sure to throw off a fever in its first stages. It should be used in all cases of costiveness.

For jaundice, gall-stones and chronic sluggish conditions of the liver, bitter root is unexcelled; but it should not be employed in irritable conditions of the stomach. Apocynin is a concentrated preparation of bitter root and is the best form to use in chronic cases. Dose of the Alkaloidal extract, known as Apocynin is from 1 to 2 grains twice a day. The dose of the Fluid Extract is ten drops every six hours.

GOLDEN SEAL.—*Hydrastis Canadensis.*

(Dr. Lyle.)

This root is the king of tonics to the mucous membrane. It is a mild, positive and permanent stimulating tonic. Its influence, though primarily given to the mucous membrane, extends to all parts of the body, wherever it may be required by the necessities of the vital force or influenced thither by its combination with other agents.

It improves the appetite and assists digestion. In the weak and debilitated stomach, especially if there be nervous disturbances or if the gastric membrane be clogged with congested or catarrhal mucus, and in cases of gastric ulceration, hydrastis given in small and frequent doses will not infrequently give relief both to the gastric membrane and to the nervous system.

In combination with biborate of soda it makes an excellent wash for children's sore mouth and other forms of sore mouth and sore gums.

Its especial function with the liver is its tonic relief to the portal system. In fact this same class of influence is felt throughout the entire venous system. It is one of the best agents for the sustaining of the venous circulation. Hence its action upon the right or venous side of the heart. Its influence is also felt by the arterial circulation, but this influence is secondary.

Hydrastis may be made to specially influence the stomach, bronchi, bowels, urinary aparata or gen-

italia, as it may be influenced by its combination with agents that especially influence any one of these several departments. With Aralia, Prunus, or Comfrey, it gives tone and vigor to the respiratory organs; with Juglans it forms a powerful intestinal tonic; with Eupatorium Purpureum or Capsella its tonic influence is felt upon the kidneys; and with such agents as Mitchella it promptly influences the organs of generation.

With gentle astringents it is admirable in the gastric and alvine weakness present in Cholera Infantum, and in Diarrhoea generally. It tones the membrane and enables it to cast off its accumulated mucus.

Locally in female troubles it is unexcelled. Calendula or Hamamelis may be added as required.

In intestinal weakness it may be combined with some preparation whose nature is of iron, such as Prunus Virginiana, and when alteratives are required to be used the influence of hydrastis is frequently a valuable addition.

It is of great service combined with Hepatics for the relief of the portal circulation and for its tonic influence in both the secreting and excreting functions of the liver.

Locally the influence of hydrastis is a very superior one. In erysipelas, ophthalmia, sore mouth, sore throat, leucorrhoea, vaginal and uterine ulceration, eczema, small-pox, eruptive and syphilitic sores it is excellent.

With Hamamelis and Glycerine it forms a good

wash in gonorrhoea, and in infusion of Hydrastis may be used daily for uterine ulceration. The dose of the Tincture of Hydrastis is from 30 to 60 minims.

Peach Meats.

(Dr. Thomson.)

The meats that are in the peach stones have long been used as medicine, and need but little to be said about them, except that they are of great value to strengthen the stomach and bowels, and restore the digestion; for which purpose I have made much use of them, and always to good advantage. Made into a cordial, with other articles, in the manner as directed under No. 5, it forms one of the best remedies I know of to recover the natural tone of the stomach after long sickness. A tea may be made of the leaves and bark of the peach tree and answers almost the same purpose as the peach meats.

Caution.—Do not allow the infusion to stand over eight hours, as by fermentation prussic acid will be formed and cause poisoning. It should be made fresh every time it is used. The tincture, syrup or fluid extract can be kept any length of time.

The dose of the Tincture is from 30 to 60 minims.

Cherry Stones.

(Dr. Thomson.)

The meats of the Wild Cherry stones are very good, and may be used instead of the peach meats, when they cannot be had. Get the stones as clean as

possible, and when well dried, pound them in a mortar, and separate the meats from the stones, which is done with little trouble; take the same quantity as is directed of the peach meats, and it will answer equally as well. A tea made of the cherries, pounded with the stones, and steeped in hot water, sweetened with loaf sugar, to which is added a little brandy, is good to restore the digestive powers and create an appetite.

Bitter almonds may be used as a substitute for the peach meats or cherry stones, when they cannot be had. See No. 5.

American Valerian, or Lady Slipper.

Cypripedium Pubescens.

This is fully described as No. 7.

Spearmint.—*Mentha Viridis.*

(Dr. Thomson.)

This is a well-known herb, and makes a very pleasant tea, which may be freely used in sickness. The most valuable property it possesses is to stop vomiting. If the Emetic Herb or any other cause should produce violent vomiting, by giving a strong tea of this herb it will stop it, and sit pleasantly on the stomach.

This herb will also induce free discharge of the watery portion of the urine, relieve flatulence and sooth the nervous system. It is very good for restless children. The tincture will answer the same purpose as the tea. Dose of Tincture is from 30 to 60 drops, in hot water.

PEPPERMINT.—*Mentha Piperita.*

This article is very hot in its nature, and may be used to advantage to promote perspiration and overpower the cold. I have frequently used it for that purpose with success, but it is volatile, and will not retain the heat long in the stomach. In colds and slight attacks of disease, to drink freely of a tea made of this herb on going to bed will throw it off.

The essence of peppermint is a standard article for wind colic and cramps, a few drops in water or on sugar being the best method of employing it. The herb may be made into an infusion which may be freely used as a drink. The oil is usually employed to flavor syrups; eight drops, first rubbed up thoroughly with sugar, will be sufficient to flavor a quart of syrup.

PENNYROYAL.—*Hedeoma Pulegoides.*
(Dr. Thomson.)

This herb grows common in all parts of the country, and is too well known to need any description. It is an article of great value in medicine, and a tea of it may be freely used in all cases of sickness. It is good for the stomach, being warming and cleansing; if drank freely, will produce perspiration and remove obstructions. In colds and slight attacks of disease, it will be likely to throw it off and prevent sickness. It is very good for children, and will remove pain in the bowels and wind. In going through a course of medicine, a tea of this herb may be given

for drink, and will cause the medicine to have a pleasant operation.

Pennyroyal.

(Dr. Lyle.)

The herb is an aromatic, stimulating, and relaxing diaphoretic. It is warming to the stomach and sustaining to the capillary circulation. In hot infusion it is a popular agent for the breaking up of colds, and for the relief of the menstral flow when influenced by congestion. While a diaphoretic, it is no less an antispasmodic nervine and will be found valuable in dysmenorrhoea in nervous ladies, and is of good service in hysteria.

In hot infusion it will be found valuable in eruptive diseases, and may be given freely when the eruption is slow in making its appearance.

In hot infusion it gives good results in the colic, flatulence, restlessness, peevishness, general nervousness and feverishness of children. Locally applied a **hot fomentation** or the local application of steam from an infusion of this agent is very good to relieve local congestions, whether of the head, lungs, stomach, uterus, bladder or kidneys.

The Tincture of Pennyroyal can be used for the same purpose as the infusion. It should be given in hot water. Dose is from 30 to 60 drops.

Horehound.—*Marrubium Vulgare.*

This plant grows common in this country, and is made much account of in removing cough. An in-

fusion made of the leaves, sweetened with honey, is good for the asthma, and all complaints of the lungs. The syrup of this plant will loosen tough phlegm, and remove hoarseness caused by a bad cold.

Marrubium is very good in the treatment of wet catarrh and in all cases of cold or consumption where there is a great deal of mucus discharged. It is a diffusive, stimulating tonic and is somewhat diaphoretic. The tincture can be used as well as an infusion but should be given in hot water. The dose of the tincture is from 30 to 60 drops.

Elecampane.—*Inula Helenium.*

The root of this plant made into a syrup is good for cough and should be added to cough syrups that are used in chronic coughs. It is better suited in chronic complaints than in the acute coughs. It is of good service in the treatment of all gastric, alvine and pulmonary mucous membranes and is of much use in catarrhal conditions of the bronchi, and catarrhal dyspepsia. Dose of the tincture from 15 to 60 drops.

Mayweed.—*Anthemis Cotula.*

(Dr. Thomson.)

A hot infusion made of the flowers and stems of this herb, to be drank hot on going to bed, is very good for a cold, and in slight attacks of fever if used freely, and a hot stone or water bottle put to the feet, will in most cases throw it off.

The hot infusion or tincture given in hot infusion

is decidedly diaphoretic and an emmenagogue. It is of good service in inflamed extremities; for pelvic and abdominal peritonitis; for cystic, pelvic, abdominal or thoraic congestions and for local neuralgia. It is also of use in torpid or congested conditions of the mucous membranes. Dose of the tincture in hot water is from 30 to 60 drops.

Wormwood.—*Artemisia Absinthium.*

(Absinthee.)

This herb is a very wholesome bitters, and may be taken to advantage in different ways. It is of a hot nature, and is good for the stomach to create an appetite and assist the digestion. If the stomach is in a very bad condition, it is liable to cause vomiting and will then thoroughly clean out the stomach of bile.

The dose used should be very small. Its intense bitterness prevents its universal use. It is very good in torpid conditions of the mucous membranes but should not be used in cases where the membranes of the stomach and bowels are irritated. Dose of the tincture—best taken in hot water—is from 15 to 30 drops.

Chamomile.—*Anthemis Nobilis.*

Garden Chamomile has maintained a valuable reputation for many hundreds of years, and its usefulness is fully recognized. In character it is a soothing nervine, and a mild stomach tonic, to be used where there is weakness and poor appetite. The flowers are

best used in infusion or the tincture in hot water. The Roman variety is best; after the Roman, the German is second and the common garden variety is as good as either of the others but is not nearly as strong.

When given warm, Camomile will favor perspiration and soften the skin, and in women will promote the menstrual flow. The cold infusion acts as a tonic, and is more suitable for stomach difficulties, and as a drink during convalescence from febrile diseases. The vapor from Camomile boiled in water may be inhaled to advantage in quinsy.

When applied externally, it will relieve sprains, bruises, and swellings and remove callouses, corns, etc.; it will also restore shrunken sinews. The dose of the tincture is from one-half to one drachm.

Bitter-Sweet.—*Solanum Dulcamara.*

This is often called staff vine and also bitter-sweet. It is a climbing vine, bearing orange-colored, three-cornered berries. The root is long and also orange-colored; the bark of the root is the medicinal portion of the plant.

Bitter-Sweet is a relaxant, exerting its influence chiefly upon the glandular system; proving especially soothing in irritable conditions. It is usually given in syrup form combined with pronounced alteratives, such as yellow dock or stillingia, and is very beneficial in the treatment of eczema and scrofula. Bitter-sweet ointment is very soothing for irritable

skin troubles, piles, burns, scalds, etc. It is prepared by heating for eight hours one pound of bark in one pound of lard. Dose of the tincture is from one-half to one drachm.

TANSY.—*Tanacetum Vulgare.*

This is a hot, bitter herb, grows common in highways, and is cultivated in gardens. A tea made of this herb is good for hysterics and other female complaints; it will strengthen those that have weak veins and kidneys, and is good for the stranguary, or stoppage of urine. It is also of use for the relief of colds and of the menstrual flow when obstructed by colds. *Pregnant women must not use it.* The green leaves pounded are good to put on bruises and sprains, and will allay the swelling. Dose of the tincture is from 30 to 60 minims. Best taken in hot water.

MULLEIN.—*Verbascum Thapsus.*

This plant, sometimes spoken of as the American Velvet-leaf, grows abundantly throughout the country, and its leaves can be easily dried and preserved. They will be found most serviceable in many conditions. Made into a hot poultice they may be applied wherever absorption is desired, as in dropsy of the joints, deep-seated chronic abscesses and persistent swellings. For sciatica, spinal tenderness and inflammatory rheumatism tincture of Mullein may be used as a liniment along with tincture of Black Cohosh and Lobelia.

A syrup of Mullein is excellent for irritable coughs. The infusion may be made by pouring a pint of boiling water on the dried and well broken leaves, which swell greatly. A poultice of Mullein leaves, Lobelia and Black Cohosh will give great relief in Neuralgia of the face.

Mullein Oil has a soothing influence over the nervous system, in some cases acting as a soporific. It corrects the acidity of the urine common to many diseases, and has an influence over the urinary apparatus, but does not act actively as a diuretic. One drop of the oil in water, four times daily, will permanently cure most cases of nocturnal incontinence of urine, and those cases also where there is a constant dribbling. Inflammation in the testicles, the oil has been applied with admirable results. In all enlarged glands with inflammation, it soothes and promotes resolution without suppuration. It has been used internally in the treatment of phthisis pulmonalis with the very best results and is useful in the treatment of glandular swellings, hepatization or thickening of lung tissue, asthma, hay-fever, coughs, pleuritis and in all forms of dropsy.

A specific effect is that this remedy quickly corrects the diarrhoea which accompanies phthisis pulmonalis. It relieves the severe cough in many cases, and has improved the nutrition and caused the patient to gain in weight.

In many cases of bronchitis, cystitis, diarrhoea and dysentery, and in hemorrhoids, it gives the best of

results. In the treatment of the ear, it is *the* remedy. In deafness from hypersecretion, in deafness that gradually creeps on without any apparent cause, in earache, and in abscess, it is successful.

In the treatment of the ear, the physician should be very careful and not make the mistake of using Verbascum, the tincture of the Mullein Plant, for Mullein Oil. The oil to be used in these cases is extracted from the freshly gathered Mullein blossoms by sun distillation.*

The dose of the tincture of Mullein leaves for internal medication is from 60 to 120 minims.

BURDOCK.—*Arctium Lappa.* (*Lappa Major.*)

The leaves of this plant, wilted by the fire and applied to an external injury, will allay the inflammation and ease pain, and they are good pounded and put on a bruise or sprain, as they will immediately give relief. The leaves are good applied to the feet in case of fever, to keep them moist and promote perspiration.

The root is a soothing demulcent tonic alterative. It slowly and steadily influences the skin, soothes the kidneys and relieves the lymphatics. It is of great importance in all skin diseases and in scrofulous affec-

*The only genuine Mullein Oil is to be had from the Luyties' Homeopatic Pharmacy Co., St. Louis, Mo., U. S. A. While the reader might think it strange that a Homeopathic concern is recommended, it may be well to say that the firm that produces the genuine articles is the one to recommend.

tions. It is very soothing to the mucous membrane throughout and is hence valuable in irritated conditions. Its soothing character is also extended to the serious membrane and is valuable in rheumatism and also in venereal diseases, especially if combined with more stimulating agents.

The seeds are somewhat more stimulating than the roots, and are oleaginous. The seeds should be ground in order to obtain their properties quickly. In hot infusion it influences the sebaceous glands, and is of superior importance in scarlatina, and other exanthemata, and also in typhoid fever.

Cold preparations influence the kidneys, increasing the flow of urine and relieving irritation of the urinary tract.

In skin diseases the seeds are to be preferred to the roots, although the roots will act in the same manner, only that it is not so active.

The dose of the tincture is from one-half to one drachm. It can be given in hot water and will then act the same as an infusion.

Skunk Cabbage.—*Symplocarpus Foetidus.*

The vegetable grows common in all parts of New England. It has large leaves something resembling cabbage, from which, and its disagreeable smell, it takes its name; it may be found in the meadows and wet land. The root only is used for medicine, and should be dug and split into strips carefully dried; when dry it should be pounded or ground to a pow-

der. This powder may be taken in tea, sweetened, or made into a syrup, or half a teaspoonful may be mixed in honey and taken in the morning; or at night when going to bed. It is good for asthma, cough, difficulty of breathing, and all disorders of the lungs, is valuable in restlessness of fevers, in chorea, whooping cough and in general irritation of the system. It is a nervine of value. Dose of the tincture is from 15 to 30 drops.

Wake-Robin.

(Dr. Thomson.)

This plant grows wild in this country. It has three triangular leaves. From between them it puts forth a naked stalk, on the top of which is a singular stem or pistil, enclosed in a sheath, resembling a flower, which is followed by a bunch of reddish berries. The root is the part used for medicine, and resembles a small turnip. This root is extremely pungent and stimulating, and is often given for colic and pain in the bowels, and to expel wind. I have mostly made use of it for cough and disorders of the lungs, for which I have found it very useful. The root should be dried and reduced to a powder, and may be given mixed with honey, or in a syrup. Dose of the syrup is from one-half to a teaspoonful.

Thorough-Wort, Boneset.—*Euparorium Perfoliatum.*

(Dr. Thomson.)

This herb is well known in the country, and is made

use of by the people in tea for many complaints. It is of a warming nature, and is good for cough and other complaints of the lungs.*

Eupatorium Perfoliatum, or Boneset, as known to the country people, has long been a household remedy, sometimes it is known as Thoroughwort. (Dr. Thomson describes it under this name only.) As a tonic it is used either in syrup form or as a cold infusion, and is useful in obstructions of the liver and in promoting the secretion of bile in cases of jaundice and malarial disorders characterized by constipation.

In warm infusion Boneset is a pronounced relaxant and will soften the skin by inducing perspiration; and if given too freely will excite vomiting. An infusion is made by steeping an ounce of the herb in a pint of boiling water. It is extremely bitter to the taste, and to children it is often highly objectionable. (Dr. Greer.)

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*The above is all that is found in the work by Dr. Samuel Thomson, the founder of the Physio-Medical system of practice. I call special attention to this fact for the simple reason that it is now one of our best remedies and one the Physio-Medicalist of Herbalist cannot well do without. Dr. Thomson used it in practically all cases, but late investigation and practical experience has taught us that, while Dr. Thomson used it extensively, he knew but very little of the use it could be put to and therefore a more extensive description of this herb will be given. This has been done in most cases without calling any special attention to the fact, but it is considered important to call attention to this fact here.

This herb in bloom is positively relaxing to the mucous membrane throughout, slightly stimulating, toning and antispasmodic. It is best when it first blooms. It is slow in its action but almost certain to relieve the liver. It is a favorite remedy for the prevention of fever. In large doses it is gently cathartic and greatly tones the bowels throughout.

Night sweats yield to this remedy better than anything else in cases of phthisis. The relaxing properties are to some extent dissipated by the heat and the stimulancy, anti-spasmodic and tonic properties are left. Night sweats relieved by this remedy hardly ever return again. It is of good use in all fevers and in chronic ague it has absolutely no equal.

Because of its promoting the secretion of bile by the liver, also its excretion by the gall cyst, it is invaluable in many liver complaints, especially in general biliousness.

The tincture may be added to cough syrups when a more free expectoration is desired. In colds, bronchitis, and pneumonia, especially if the patient be inclined to biliousness and constipation, a large injection may be given to free the lower bowels. With this, hot infusion is to be given internally until the bowels move freely. Relaxation of the mucous membrane generally will follow with good results. After this, smaller doses may be given and the mucous membrane will become toned by it. Boneset is also valuable in the treatment of rheumatism, especially of the gouty and bilious classes. In the first, it

cleanses and tones the gastric membrane and in the second, it relieves the liver and gall-cyst. Dose of the tincture is from 20 to 60 minims.

FEATHERFEW.

(Dr. Thomson.) (1)

FEVERFEW.—*Chrysanthemum Parthenium.*

(Dr. Lyle.) (2)

This herb is stimulating and is good for hysteric complaints, and many other disorders common to females. It promotes the passage of urine, and removes obstructions in those parts. (1)

This plant resembles Chamomile very much in appearance. As a remedial agent the flowers, usually given in infusion, will be found serviceable in relieving suppressed or painful menstruation brought about by exposure to cold. (2)

Feverfew is a diffusive, mildly stimulating and relaxing and influencing the skin, nervous system, the circulation and the genito-urinary organs.

In hot infusion it is diaphoretic and is excellent in equalizing the circulation and relieving the head, brain and nerves of pressure and excitement. So in pleuritis it relieves the hyperaemia present and reduces the inflammatory excitement. In parturition by equalizing the circulation the pains become more regular, the contractions firmer and the rigid os uteri relieved of its tensity. In cases where the menses are suppressed from cold it quickly relieves the hyper-

aemia present and the flow assumes its normal condition. Its influence upon the circulation tends towards the surface and with proper hepatics it assists in relieving the circulation of impurities, especially in uraemia and cholaemia. It is a superior tonic to the stomach, relieving hyperaemic conditions of the mucous membrane, and is serviceable in colic, flatulence, eructations and general indigestion. With proper hepatics it assists in the relief of engorged liver, whether it be from congestion or inflammation. In bronchitis and pneumonia it dispels hyperaemia and tones the mucous membrane. In hysteria it relieves the nerves as well as the circulation. In puerperal fever it does its work well, but at times needs more stimulation. In combination with Cactus it is excellent for the nervous, unstrung condition resulting from the use of tobacco or liquor.

In hot fomentation this herb may be applied with good results over the lungs, stomach or abdomen in cases of either congestion or inflammation. (3)

The dose of the tincture is from one to two drachms. It can be used with hot water to act as an infusion, or can be taken in cold water.

CLIVERS.

(Dr. Thomson.)

CLEAVERS.— *Galium Aparine.*

(Dr. Greer.)

This is the common trailing plant generally known as goose grass or bed-straw. It grows wild in fields

near the woods and is very abundant. Medically, the green herb may be used as well as the dried; and if combined with marsh mallows will prove a most soothing agent in the treatment of inflammatory diseases of the kidneys, bladder and urinary passages. Galium is best used in the form of a cold infusion and may be taken frequently. During the latter stages of scarlet fever, when there is a tendency to irritable conditions of the kidneys, Cleavers will prove a very acceptable and beneficial drink. For children, and adults as well, who suffer from scalding urine, it is invaluable. In the inflammatory stage of gonorrhoea it relieves the irritation and soothes the nervous system.

In hot infusion this is a diaphoretic and may be used to good advantage in fevers where there is a necessity to favor a good, free outward circulation and it relieves the nervous system. The dose of the tincture, taken in hot or cold water, as indicated, is from one-half to one drachm.

Black Birch Bark.—*Betula Lenta.*
(Dr. Thomson.)

A tea made of this bark is useful in curing all complaints of the bowels and to remove obstructions. It is also of use in dysentery. This tea, with peach meats or cherry-stone meats, made into a syrup, is an excellent article to restore patients after having been reduced by that disease, and to promote the digestion. It is good for canker and all complaints of the bowels.

The leaves can also be used as medicine and are more diuretic and are very soothing to the entire urinary apparata in cases of renal and cystic irritation or inflammation. The dose of the tincture is from 15 to 45 minims. Can be taken in hot or cold water. In hot water it acts the same as an infusion and is a diaphoretic.

Evan Root.

(Dr. Thomson.)

Evan Root.—*Geum Rivale.*

(Dr. Comfort.)

Water Avens, Avens.—*Geum Rivale* and *Virginarum.*

(Dr. Lyle.)

This plant is peculiar to low marshy ground, and has received a variety of names, such as chocolate root, water avens, throat root, purple avens, etc.

The root is a pleasant, mild, soothing, tonic astringent. It is not drying, but soothing to the mucous membrane.

It is useful to mild, acute and chronic cases of diarrhoea and dysentery. In leucorrhoea and gleet it may be used with good effect both locally and constitutionally. Locally it is a good wash for some irritated forms of sore mouth.

This remedy is not the best where there is a tendency to constipation. Geum displays its influence to best advantage as a tonic astringent. It is one of

the best agents to be used in cases of cholera infantum. It improves digestion and assists assimilation. Dose of the tincture from 15 to 30 minims.

SLIPPERY ELM BARK.—*Ulmus Fulva.*

The inner bark of this tree is an article of much value, and may be used to advantage in many different ways. There are several species of the elm that grow common in this country, and there are two kinds of the slippery elm. In one the bark is rather hard and tough, and the other is very brittle; the latter is the best for medicinal uses. The bark should be peeled, the outside rind shaved off, dried, and ground or pounded to a fine powder. If used internally, put a teaspoonful of this powder into a teacup with as much sugar, mix them well together, then add a little cold water and stir it until perfectly mixed, and then put hot water to it and stir till it forms a jelly thick enough to be eaten with a spoon. A teacupful may be taken at a time, and is an excellent medicine to heal soreness in the throat, stomach and bowels, caused by canker; or more hot water may be put to it and made into a drink and freely taken for the same purpose. I have always made much use of this bark for poultices, and have in all cases found it a most excellent article for that purpose. Mixed with pounded cracker and ginger it makes the best poultices I have ever found; for burns, scalds, felons, old sores, etc., it is the best thing that can be used to allay the inflammation, ease the pain and heal them in a short time.

With Lobelia, it forms an excellent poultice for abscesses and boils.

In constipation, dysentery, diarrhoea and cholera infantum, used both internally and per rectal injection, it soothes and relieves the intestinal irritation. It is a nutritious demulcent, soothing to the mucous membrane wherever needed and quieting to the nervous system. In diphtheria, after the throat has been ridded of the decayed membrane, it is quite raw, also during the scaling process in scarlatina and measles and at times in typhoid fever; slippery elm is then a very important agent.

Balsam Fir.—*Abies Balsamea.*

This balsam is obtained from a tree known in all parts of the country; it is taken from small blisters which form in the bark. It is of a very healing nature, and is good to remove internal soreness.

In cases where the mucous membrane is irritated it should not be given, but is very good in relaxed and torpid cases, as in cystic and renal congestions, gleet, etc. In bronchial and pulmonary congestions it is a stimulating expectorant. It is an excellent remedy for aged persons suffering from congestion of the kidneys as it then acts as a kidney tonic. In old coughs it is also excellent. Dose: It should be given only when mixed with glycerine and honey. One ounce Balsam Fir, Glycerine and Honey, each four ounces; flavor to suit, mix thoroughly, and give one teaspoonful four times a day.

GENTIAN.—*Gentiana Lutea.*

This root grows wild in this country, and is found plentifully in Vermont. It was formerly collected for exportation, and large quantities of it were sent to China, where it was greatly valued.

At the present time, the foreign Gentian root seems to be used most. It is a bitter tonic, and as such it is unexcelled, although for mild cases it should always be combined with less intense agents. Its chief action is upon the liver; with dyspepsia it is most excellent. For ague it may prove effective when other agents fail, taken for several hours before the chill, in hourly doses of one-half teaspoonful of the tincture with a little Capsicum. Gentian will also promote appetite and digestion, stimulate the circulation, thoroughly toning the digestive organs, and is especially valuable in languid conditions and in that of general debility. It gives the best results in biliousness and jaundice. It is a good vermifuge. In sensitive stomachs it should be given in very small doses as it is intensely bitter and in large doses might cause nausea. Dose is from 10 to 30 minims.

BUTTERNUT.—*Juglans Cinerea.*

(Dr. Thomson.)

This tree grows common in this country, and is well known from the nut which it bears, of an oblong shape and nearly as large as an egg, in which is a meat containing much oil, and very good to eat. The inner bark of this tree is used by the country people

to color with. The bark taken from the body of the tree or roots, and boiled down till thick, may be made into pills, and operate as a powerful emetic and cathartic; a syrup may be made by boiling the bark and adding one-third molasses and a little spirit, which is good to give children for worm complaints. The buds and twigs may also be used for the same purpose, and are more mild. (1)

BUTTERNUT.—*Juglans Cinerea.*

(Dr. Greer.)

The inner bark of the white walnut tree has an important place in the Materia Medica. Its principal use is as a physic, and in that respect it is exceedingly valuable on account of its mild action and the tonic impression left upon the structures of the bowels. Its chief influence is exerted upon the lower bowels, and for that reason it cannot be excelled for prolapsus and constipation due to a sluggish condition of the large bowels. It is best administered in the form of syrup made by slowly boiling a pound of the bark in water and evaporating to one pint and adding two pounds of sugar; dose, a teaspoonful. Butternut syrup is a valuable physic for use in protracted febrile diseases. (2)

Juglans Cinerea.

(Dr. Lyle.)

The inner bark of the root is more active than that of the trunk, but both are used. It yields its properties to boiling water, except its astringency, which

property is yielded when alcohol is the menstruum used instead of boiling water.

Juglans is an active stimulating hepatic and cathartic. It relieves the portal system, disgorges the liver and cleanses the bowels. For catharsis it usually takes from four to eight hours, according to the dose given.

Juglans Cinerea tones the entire alvine mucous membrane, but especially that of the lower bowels, influencing peristalcis. The alcoholic fluid extract may be used in diarrhoea and dysentery. It cleanses the surface and leaves the parts toned and astringed. The aqueous extract being free from this astringency may be used to relieve chronic constipation. It is in this sphere one of the most valuable preparations. In relieving the portal circulation it also relieves hemorrhoids and rectal hemorrhages.

In dysentery, in small doses, it cleanses the bowels, relieves the portal circulation and tones the mucous membranes.

To prepare the syrup of Juglans, gather your bark from the fifth to the twentieth of April in the country. It is then strongest. Crush or chop fine. Then boil till quite strong and pour off and cover a second and third time to completely exhaust the strength of the drug. Then boil all together and evaporate to three-fourth or equality of one pint per pound of bark. Then for each twelve ounces add alcohol, two ounces, and sugar, four ounces.

It is well adapted to the treatment of skin erup-

tions. It is a tonic to both mucous membrane and dermoid tissue and slightly increases the action of the kidneys. It is one of the most valuable agents in the whole materia medica. It relieves the liver, proves gently cathartic and leaves the bowels soluble and toned. These are qualities that can be accorded to but few agents. By the use of this agent the faeces becomes more or less darkened. (3)

VIRGINIA SNAKEROOT.—*Aristolochia Serpentaria.*

(Dr. Thomson.)

This is a well known article, grows wild, and may be found in most parts of the country. It is of a hot nature, and is made much use of in tea for measles and other eruptions to keep the disorder out, for which it is considered very good; this is owing to its warming qualities, which keep the determining powers to the surface, which effect may be produced by almost any strong stimulant, but the No. 2 is the best for the purpose. A tea made of this root may be given to advantage in many cases of disease; it has a tendency to promote perspiration, and is good to remove pain in the stomach and bowels, and expel wind.

It is stimulating to the mucous membrane throughout and large and frequent doses may prove irritating, especially if the alvine canal be already more or less irritated. In such cases more soothing agents will be better. But in languid and sluggish conditions it arouses promptly and fully.

In eruptive diseases, before the appearance of the full eruption, it is excellent, especially in languid conditions; but where milder agents will do the work, it is best to use them.

In the treatment of nettle rash or rhus poisoning, give freely and fully for a few hours and then stop.

Its influence is primarily towards the surface, but soon its influence is felt by the whole arterial system, and the heart's impulse becomes stronger and fuller. By its stimulating action upon the arterial side of the circulation and the whole nervous system is aroused by its influence. Even the uterus feels its influence and its use is valuable for the relief of colds suppressing the periods.

Given during parturition, when the feet are cold and there is a general receding of blood from the surface and where the pains are inefficient, this agent will have an excellent influence. It will also anticipate flooding.

Cold preparations quite freely influence the kidneys and relieve congestion and renal torpor.

It is best to use this agent thoroughly and then discontinue its use for some time.

MUSTARD.—*Sinapsis*, also *Sinapsis Alba* and *Nigra*.

Ordinary mustard has long been employed as a plaster wherever it is desirable to quickly draw the circulation outward or away from the head or other congested portions of the body. For such purposes one part of mustard and four parts of wheat flour

made into a paste with warm water will be sufficient. This should be spread over muslin and applied for not longer than an hour, as a blister is liable to follow. Stronger plasters may be prepared for more urgent cases. An infusion of mustard in a bucket of water is excellent for a foot bath when it is desired to call the blood from the brain, lungs, etc. Mustard emetics are quickly effective in cases of poisoning. A teaspoonful of mustard to a large teacupful of boiling water, drank in one dose, will usually be followed promptly by vomiting, especially if the finger is thrust into the throat.

Lobelia with some Capsicum is *by far* preferable to mustard for the purpose and the after effects are not as bad. In using mustard plaster, never blister the skin. To do so is harmful to say the least.

Balm of Gilead.—*Populus Balsamifera.*

The fragrant brown buds of the balsam poplar tree are by many highly prized as a remedial agent, their medicinal properties being due to their fragrant resinous constituents.

Balm of Gilead is classed as a stimulating expectorant, and is very useful in old coughs where the lungs are feeble and unable to throw off accumulations in the air passages. Half an ounce of them in the ordinary alcoholic tincture is sufficient to add to a pint of cough syrup. An infusion cannot be made, as the resinous substance is not acted upon by water alone. The use of Balm of Gilead would not be advisable in irritable conditions of the lungs.

Blue and White Vervine.
(Dr. Thomson.)

Vervain.—*Verbena Hastata.*
(Dr. Greer.)

Blue Vervain.—*Verbena Hastata.*
(Dr. Lyle.)

This is a well-known herb, growing very common; it ranks next to the Emetic Herb for an Emetic, and may be used for that purpose either alone or combined with Thoroughwort. It is good to prevent a fever in its first stages. This herb has been used with considerable success in consumption, curing cases which other remedies failed to cure. It may be used in a tea made of the dry herb, or prepared in powder like the Emetic Herb. (1)

This is the ordinary blue vervain common to all sections. An ounce of the herb makes a strong infusion, to be used freely in old cases of ague. It is intensely bitter, and has a strong influence upon the liver and stomach. Made into a syrup with twice its amount of Wahoo and Butternut, it constitutes a valuable preparation for chronic constipation in malarial difficulties. (2)

This plant is a bitter relaxing and stimulating nervine. In hot infusion it influences a good circulation toward the capillaries and soothes the nervous system throughout. The liver, gall ducts and bowels are all influenced by it. It gives favorable results in billiousness, periodic bilious attacks, and is

somewhat anti-periodic. Boiling destroys considerable of its stimulating quality and leaves it a relaxing nervine. (3) Dose is from 15 to 30 drops.

Pipsisway, or Rheumatic Weed.

(Dr. Thomson.)

Pipsissewa.—Prince's Pine.—*Chimaphila.*

(Dr. Greer.)

Pipsissewa.—*Chimaphilla Umbellata.*

(Dr. Lyle.)

This herb grows on mountains, and on pine plains where the Boxberry or Checkerberry is found. It is an evergreen, and grows from three to six inches high, has a number of dark green leaves about half an inch wide and from one to two inches long, with a scolloped edge; bears several brown seeds resembling allspice. The tops and roots are used for medicine. The roots, when chewed, are very pungent, and will be felt for several hours on the tongue as though burnt. A strong tea made of this plant is good for cancer and all scrofulous humors, by drinking the tea and bathing with it the parts affected. (1)

This is a well known evergreen herb, growing wild in the woods, and frequently spoken of as ground holly. As a remedy for dropsy and kidney troubles it has long enjoyed a good reputation. Its peculiar tonic and alterative properties, combined with a small amount of astringency, render it valuable in weakness of the kidneys and bladder. Combined with

poke berries and American sarsaparilla, as a syrup, with a little citrate of lithia added, it is most excellent in rheumatism. A small amount of pipsissewa added to the compound syrup of yellow dock will add to the efficiency of that preparation in scrofulous and other blood troubles, where the urinary organs are particularly weak. (2)

The leaves are a mild stimulating and relaxing alterative, influencing especially the glandular system, the lymphatics and secrements.

As a good cleansing agent it carries off effete matter and relieves the liver, kidneys and skin. In scrofula it is one of the best agents. Should be used very freely.

In phthisis and cancer it assists much in the relief of the blood current from impurities and waste material. In dropsy it relieves and tones the kidneys. In gonorrhoea it is soothing to the mucous membrane and cleansing to the blood current. In syphilis it is of no little importance, but in certain stages, may have to be combined with more stimulating agents. It is also useful in vaginal and uterine weakness, and in leucorrhoea; in rheumatism, especially when it arises from some impurities of the blood; in cystic catarrh, spermatorrhoea, typhoid and other fevers; in urinary obstructions, and coughs and colds. It is valuable not only for its alterative influence but for its diuretic action in cleansing the mucous membrane of accumulated solids or mucous. Combined with uterine tonic it does well in leucorrhoea and gonor-

rhoea. In depressed and very debilitated cases it is best that more stimulating agents be added. Combined with syrup macrotys you have a good remedy for coughs and colds. (3)

GOLDEN-ROD.—*Solidago Canadensis.*

This herb may be found common on pine plains in hedges; it grows about two or three feet high, has long, narrow leaf, very smooth and glossy, and a large cluster of yellow blossoms; it has a sweet, spicy taste and smell, resembling fennel or ainse. There is an oil obtained from this herb good for medicine, and also prepared in essence is good for pain in the head, to be taken, or the outside bathed with it.

The leaves and flowers are a stimulating and slightly astringent tonic antiseptic to the mucous membrane. It is a sanative germicide, and is valuable in the presence of putrescence, as in diphtheria, scarlatina, tonsilitis, pharyngitis or laryngitis. It may be boiled down and made into confection or troche with sugar, suitable for sore throat of all kinds for children and adults.

In catarrh, and especially in lagrippe, Solidago is very valuable. It cures quickly and completely. It may be used alone in hot infusion, or in combination with other suitable agents.

In typhoid fever it stimulates and cleanses the alvine mucous membrane very successfully.

In phthisis pulmonalis and bronchial catarrh it is of much value, especially when added to other agents

influencing the respiratory organs. Dose of the tincture is from 30 to 60 minims. Can be given in hot or cold water as indicated.

YELLOW-DOCK.—*Rumex Crispus.*

The root of this plant is well known as being made into ointment for the itch. The roots should be bruised fine in a mortar and put into a basin; add enough cream to make an ointment, keep it warm for twelve hours, but be careful not to scald it. Rub it on at night when going to bed. Three times using it will generally effect a cure. The foregoing described ointment, together with No. 3 and the No. 6, prepared with the spirits of turpentine, will be sufficient to cure any case of this complaint.

The dried root of this common weed is a most excellent agent to use in diseases of the blood and glandular system, and is very valuable in scrofula, especially when discharges are free, as in running of the ear or ulcerated eyelids. It may be used as an infusion, but is best when combined with other remedies. It is not only good in scrofula, but in all skin diseases, syphilis, etc.

The dose of the tincture is from 30 to 60 minims.

PRICKLY ASH.—*Xanthoxylum Fraxineum.*

(Drs. Thomson, Greer and Lyle.)

This is a shrub or bush that grows in the Western country, and is well known by the people there. It grows from eight to twelve feet high, and bears a

berry that grows close to the limbs; it has leaves like the white ash. The bark and the berries are used for medical purposes. The berries are very pungent, and are a powerful stimulent, as also the bark of the top and roots, though not so strong. It should be pounded to a powder and steeped in hot water, then put into wine or spirit, and it makes a very good hot bitters. Take half a glass two or three times a day; it is good for fever and ague, for which it is much used, and for lethargy or sleepiness, and for cold feet and hands, and other complaints caused by cold. (1)

This agent is a decided stimulant, and in power rates about midway between ginger and Capsicum, although used more generally in sub-acute and chronic cases where persistent stimulation is needed. It enters into many standard preparations, and is much valued in rheumatism. The infusion is prepared by using about one-fourth of a teaspoonful of the powder to a large cup of boiling water. The fluid extract may be obtained, and is the best form used to add to syrups. Prickly ash will increase the flow of saliva and moisten the dry tongue found in liver troubles. An irritable stomach will not kindly receive prickly ash, which may even provoke vomiting in sensitive persons. (2)

The bark is a positive, diffusive stimulant, especially inducing a good, free capillary and arterial circulation. It is a valuable addition to alteratives and to diaphoretics. It warms the stomach, arouses the skin, and stimulates the salivary glands, the lym-

phatics and the serous and mucous membrane. It is a valuable addition in all chronic affections, rheumatism, neuralgia and wherever the skin and extremities are cold.

The seeds or berries are slightly more stimulating than the bark. In cases of a dry tongue and mucous surfaces use this agent and if need be add a little Lobelia. It is one of the best things in the world. It acts slower than Capsicum but its effects are more permanent. Give it in small and frequent doses. Dose of tincture of either bark or berries is from 10 to 30 minims.

Bitter Thistle.

(Dr. Thomson.)

This herb is a species of the thistle, and is cultivated in gardens. It is of one year's growth, the seed being sown in the spring, and it comes to maturity in the fall. The stalk has a number of branches, and a great quantity of leaves. The leaf is some larger than the Canada thistle, with prickles like it, and it bears seeds about the size of the barley corn, with a beard on the end, nearly as long as the seed. The leaves are used for medicine, which may be steeped in hot water, and drank like other herb tea, or they may be reduced to powder and taken in molasses or warm water, or in wine or spirits. It is an excellent corrector of the bile, and may be safely used for the purpose. The Cardis Benedictus, or beloved thistle, is cultivated in the same manner, and may be used for the same purpose.

ARCHANGEL.—*Archangelica Officinalis.*

This herb grows wild in wet land, and may be often found among the grass, and at the edges of plough fields. It grows from four to twelve inches high; the leaves are rather smaller than mint leaves; it bears a kind of bur containing seed, which grows round the stalk at each joint. There are two kinds which grow near each other; they look very much alike, but are very different in taste. One is very bitter and the other has no bitter taste, but is very rough and of a balsamic taste. They may be used together in a tea or syrup, and answer two important purposes; the rough removes the canker, and the bitter is a corrector of the bile. By adding No. 2, the compound contains the three great principles of the healing art, viz: hot, rough and bitter.

These remedies are of great value in the menstrual flow and in dysmenorrhoea. It is a uterine antispasmodic. Dose of tincture, 15 to 30 minims.

DEWBERRY.—*Rubus Procumbeus.*

(Dr. Comfort.)

The root of the Dewberry, and also that of the blackberry plant, may be used as a substitute for Bayberry, or Sumac, in dysentery and in bowel complaints in general.

Dose, same as the Bayberry. The Dewberry is also known officially as *Rubus Canadensis.*

CROW-FOOT.—CRANE'S BILL.—*Geranium Maculatum.*

(Dr. Comfort.)

CRANE'S BILL.—*Geranium Maculatum.*

(Dr. Lyle.)

This plant may be found in many sections of this country. The root possesses actively astringent qualities. A decoction of this root has been used by injection with benefit in long standing venereal disease and fluor albus. The root boiled in milk is a good remedy in bowel complaints of children, more especially when the disease has continued several days, and the patient's tongue not dry, and there be absence of fever. (1)

The root is a pleasant, positive, tonic astringent. It is only moderately drying, but is persistent and effective. It is one of our most excellent astringent agents. Its chief influence is expended upon the alvine mucous membrane throughout. It is applicable in the treatment of sore mouth or gums, mercurial salivation, spongy gums, catarrhal ophthalmia, leucorrhoea, gleet, dysentery, diarrhoea.

It is a good local and constitutional styptic for hemorrhages from the nose, lungs, stomach, bowels, or uterus.

In typhoid fever in case of excessive discharges, whether faecal or sanious, this agent is one of the most valuable. The addition of a little Capsicum will at times be valuable.

Diluted with water, or combined with Comp. syr. rhei., this agent is one of the most valuable in the treatment of severe cases of cholera infantum. (2)

Geraniin is the alkoloid of this agent, but is not as much value as the tincture of Geranium.

Geranium Maculatum is one of the *most* valuable and yet the least known of American indigenous remedies. There are few remedies which possess a wider range of usefulness, and which are so devoid of harmful properties. In all forms of hemorrhage, whether internal or external, hemoptysis can usually be promptly arrested by drachm doses of the tincture, given hourly until the attack subsides. Relapse may be prevented by continuing the same dose at longer intervals for three or four days. Hematemesis may be effectually controled in the same manner after the whole array of styptics have failed. In hemorrhage from the kidneys and the intestinal canal, better results can be obtained from the administration of smaller doses, twenty drops four times a day, for an extended period. This is the only practical way of using it in chronic cases. Epistaxis may be speedily checked by plugging the nostrils with cotton dipped in a solution composed of one part of the tincture of Geranium and three parts of water, or by syringing the nasal passage with the same solutian. Hemorrhage resulting from the extraction of a tooth can invariably be promptly arrested by filling the socket with a piece of cotton saturated with the undiluted tincture of Geranium and applying firm pressure for

a few minutes. Menorrhagia can be most effectually abated by the internal administration of Geranium combined with vaginal injections of the same remedy.

In hemorrhage of the stomach, half to one drachm doses will often relieve after the physician has given all other remedies at his command. In severe bleeding of the nose there is no remedy that will equal it. Use a small syringe and drive the fluid preparation—clear or diluted, as the case demands—into the nasal cavity, or, if necessary, the tampon saturated with the extract may be used.

Where there is pain and distress from gastric ulcers, Geranium will relieve, and in many instances cure, the trouble. In cases of pulmonary hemorrhages it is a remedy, in doses of a drachm; after its action has been brought out, it may be given in doses of ten to fifteen drops, three or four times a day, to guard against the hemorrhages returning.

It is a remedy in menorrhagin. Here it is giving good results in combination with Viburnum Opulus. In a solution of five or ten per cent., used as an injection, it will cure acute dysentery. In consumption, it will modify the night-sweats and cough, and control the diarrhoea that is often annoying and always weakening to the patient. In postpartum hemorrhage it is valuable.

In the treatment of chronic bronchitis, by its action in condensing the relaxed bronchial membrane, we check the cough and profuse expectoration, and thereby strengthen the patient.

In the bad stomach of hard drinkers we find an admirable place for Geranium. Relaxation of the ulva is relieved by the application of the strong preparation. Chronic gonorrhoea and gleet are cured by the local use of a ten to twenty-five per cent. solution. It is valuable in the treatment of sore mouth, either mercurial or other. Use diluted as a wash. In the treatment of leuchorrhoea, where there is a relaxed and atonic condition, make a tampon of surgical wool, and after saturating with the strong extract, push up against the uterus. In uterine catarrh and relaxed conditions it is a good remedy. In prolapsus of the bowels, wet the protruding parts with the strong non-alcoholic fluid and inject twenty-five per cent. solution into the bowels three or four times a week. The same treatment will cure many cases of recent hemorrhoids. It is very good for nasal polypus by injecting them with the tincture. The polypoid growth will degenerate and drop out after a few days.

I have taken many uterine cases, such as bleeding from the bladder, bleeding from the uterus, etc., that the very best physicians and surgeons in the country had treated, and cured them after they had failed with their treatment. A young lady came to me who had been bleeding steadily from the uterus for six months. The loss of blood was as great during all that time as it was during the regular monthly period. She was forced to wear bandages at all times and could do no work. She had had three operations before she came

to me, the surgeons claiming that it was Polypus of the uterus, but with no results. I put her on Geranium, four times a day and gave treatments with the same, to the womb every second day. She was cured within a few weeks. I am frank to say that I believe that there is no remedy in the whole Materia Medica that is of equal value to Geranium.

If Dr. Thomson made use of this remedy, I do not know of it nor am I able to find anything concerning it in any of his works. Dr. Comfort did use it, but it is doubtful that he knew its real value as he says but very little about it.

Peruvian Bark.—*Cinchona Officinalis.*

(Dr. Comfort.)

The genuine Peruvian bark is one of the most effective tonics ever employed for the cure of intermitting fever or ague. It may be used as a general tonic in all cases where the use of this class of medicine is indicated. As a general rule powerful tonics should not be employed in the first stage of disease attended with fever and a dry coated tongue. Under these circumstances bitters, unless combined with a large portion of Capsicum, would repress rather than promote the secretions, and aggravate the disease. When by the free use of Capsicum and other appropriate remedies the secretions are restored, the tongue cleaning and the skin warm and disposed to perspiration, then Peruvian bark or other tonics may be employed with advantage.

Peruvian bark is rendered more efficient as a tonic by combining it with Virginia snake root, cloves and Capsicum. I frequently mix equal parts of Peruvian bark and spice bitters, and have always found it a good preparation.

A tea made of equal parts of Peruvian bark and liquorice root is a good remedy for colic in infants, more especially where the spells of colic are observed to come on periodically.

The title *Jesuit's Bark* has been applied to the Peruvian bark, from the circumstance of the Jesuits having had the chief control of the sale of the article during its first introduction into use in Europe about the year 1640. It is not known whether they really introduced it into Europe, but if they did, *it was about the only good thing they ever did.*

There are three species of Peruvian bark imported to this country, the pale, yellow and red. These are now officially known as *Cinchona Officinalis* (pale), *Cinchona Calisaya* (yellow), *Cinchona Succurubra* (red). At one time the red bark was esteemed the most valuable. This induced druggists to convert other species into red bark by adulterations which so materially lessened the efficacy of the bark that at one period the red bark was little used. Each species of bark above mentioned is efficient as a tonic, provided it be free from adulterations.

Peruvian bark is most active when taken in substance, mixed with some liquid, as a tea of spice bitters, Virginia snake root, a solution of licquorice,

or simply with water. The unpleasant taste of the bark will scarcely be perceived when it is taken in a solution of liquorice.

When the bark cannot be taken in substance its virtues may be extracted by boiling water, and taken in decoction. A small portion of orange peel, liquorice root, or spice, added, will improve the flavor of the tea; and where there is acidity of the stomach a portion of the sup. carbonate of soda should be added.

Peruvian bark is often taken in wine, and with the most happy effects in many instances, as in recovery from disease where the strength of the patient has been much exhausted.

Dose: The quantity of bark taken at a time varies from that of a teaspoonsul to an ounce. Whilst some recommend it in small doses, repeated every hour or two, others direct an ounce to be taken at once. More especially is it recommended to be taken in large doses, in cases of intermitting fever where by a proper course of treatment the system is placed in a condition that warrants the free use of tonics.

When Peruvian bark or quinine is used, all astringents medicine, viz: bayberry, sumac, No. 3, pills, etc., must be laid aside at the time, as the tannin and gallic acid in the astringents form an insoluble compound with the active principles of the bark, rendering it inert. Astringents may be used in the forenoon and barks in the afternoon, or *vice versa.*

Three important indications in the treatment of

disease are: 1st. To restore the natural warmth of the system. 2nd. To cleanse the stomach and bowels of "canker," or morbid secretions; and 3rd. To restore digestion. The first requires the use of pure stimulants, and sometimes the application of the vapor bath; the second, the use of astringents and detergents; and the third, tonics. Hence the general indications for the use of tonics is when the secretions are restored and the stomach and bowels cleansed of "canker."

The majority of the Herbalists and Physio-Medical physicians condemn Quinia or Peruvian bark as bad results follow the use of it in so many cases, and I have yet to learn of a single case in which it was given by the "regulars" where it did not cause a fearful headache and ruin the liver. The reason for this is *not* in the remedy, but in the way that it was made use of. By following the foregoing very plain instructions for its use, the physician can make no mistake and he will be sure to get the good results from its use that he is looking for. The dose of Quinine is from one to ten grains.

Quinine is the active principle of Peruvian bark, and may be used as a substitute for the bark. Quinine has sometimes been discovered to be adulterated with starch, stearin, sulphate of lime and sugar. There are means, however, of detecting adulterations of quinine, for a knowledge of which the reader is referred to the U. S. Dispensatory.

Quinine is usually taken in the form of pills. Eight

quinine pills of the usual size are supposed to be equivalent to an ounce of Peruvian bark. A pill to contain a grain of quinine (equal to a drachm of bark) must be considered larger than pills are generally made.

Quinine is rendered more active by the addition of Capsicum, and in using quinine all the rules should be followed that are laid down in the use of Peruvian bark.

As a cure for intermittent fever, when the condition of the system is favorable for the exhibition of tonics, there is probably no remedy of equal value with quinine. This medicine, however, is so easily taken that it may be used too indiscriminately. It may be continued until large quantities have been taken, the system at the same time not being in a condition to be benefited by its use. It is for this very reason that so many bad results follow its use. Almost daily patients come to me and warn me not to give them quinine as they could not stand it. They tell me it ruins their liver, gives them headache, etc., and this shows the improper use that is made of this remedy.

AMERICAN CENTAURY.—*Sabbatia Angularis.*
(Dr. Comfort.)

CENTUARY.—*Chironia Angularis.*

Of the Centuary we have the above species, which is not inferior to the European. It is a beautiful annual plant, growing abundantly in the Middle and Southern States, and every part of it is medicinal,

though the flowers possess the most efficacy. It is a pure bitter, with some little aromatic flavor, neither unpleasant to the taste nor offensive to the stomach; and is resorted to by every description of practitioners, regular and irregular, in our intermittent and remittent fevers. Like some other articles, it has an advantage over the Peruvian bark, of being susseptible of employment in every stage of these diseases. The usual mode of prescribing it is by strong infusion, which is directed to be taken without much limitation.

MYRRH.—*Balsamodendron Myrrha.*

This is one of the most valuable remedies in the whole materia medica. It is usually spoken of as gum myrrh, although it contains little gum, chiefly resin. In whatever form it is used myrrh will be found to be a powerful antiseptic; having thousands of years ago been used for preservative purposes, and also as a medicine. It is usually administered as a tincture in water or syrup, although the powder may be given to great advantage. Two grains of the powdered myrrh may be considered an average dose, best given combined with other agents. It will be found advantageous to rub the myrrh thoroughly with sugar before making an infusion. A small teaspoonful each of myrrh and golden-seal to a pint of boiling water and a little ginger added will be found useful to weak stomachs where the food is prone to ferment. Dose, a teaspoonful every two hours. For deficient menstruation it has long been employed.

Outwardly applied, it is invaluable for foul ulcers, bed-sores and all forms of gangrene; best mixed with powdered charcoal and sprinkled over poultices of brewer's yeast, or the simple powdered myrrh with a little golden-seal may be sprinkled into indolent sores. Myrrh and golden-seal, with a little borax, may be blown into the throat of persons suffering from diphtheria; it will destroy the putrescence of the membrane and prevent blood poisoning. Powdered myrrh is a superior tooth-powder, especially where the gums are tender and bleeding. Tincture of myrrh may be diluted with glycerine and water for external use, or with simple water (a few drops to a glassful) for internal use.

Compound Tincture of Myrrh, commonly known as No. 6, is a powerful stimulant and antiseptic. It is a tincture of myrrh, two ounces, and capsicum, half an ounce, in a quart of alcohol. It is unequaled as an antiseptic for foul ulcers and is superior, when diluted, to every other antiseptic in operative surgery. Internally, a few drops in a glass of water will prove a powerful stimulant in shock, collapse, prostration and profound congestion. I prefer the Dr. Thomson No. 6 to the above compound, especially for internal use. The alcoholic compound is best for external use.

There is great difference in the quality of myrrh. That which comes from Turkey is of a brighter color, and more free from impurities than the East India myrrh. When of good quality it is reddish-yellow, and translucent; of a strong peculiar and somewhat

fragrant odor, and a bitter aromatic taste. It is brittle and pulverizable, presenting, when broken, a shining surface, which in the larger masses is very irregular.

Myrrh is actively tonic, somewhat stimulant, and possesses in a high degree antiseptic properties. It constitutes the most essential ingredient in Dr. Thomson's No. 6, or rheumatic drops—one of the most valuable preparations, as a general family medicine, ever introduced into use.

Myrrh has been employed with much benefit in chronic diarrhoea, and diseases of the lungs or chest, attended with a free expectoration and general debility. Its use is also well adapted to female complaints, when unattended by fever.

The efficacy of Thomson's No. 6, and third preparation of Lobelia, in preventing mortification in disease of a malignant or putrid tendency, may be partly at least attributed to the myrrh contained in these preparations.

Applied to fresh wounds, the tincture of myrrh excites healing action and lessons the liability to the occurrence of unhealthy inflammation. It is also a useful application in old sores, ulcerated sore mouth and ulcerated sore throat, running from the ears, aphthous sore mouth, spongy gums, sore nipples, etc. The tincture of myrrh is also employed to promote the exfoliation of bones. In sinuous ulcers, and cavities that continue to discharge matter in consequence of a debilitated state of the vessels of the part, tincture

of myrrh injected into the cavity, repeated daily, will seldom fail of establishing the inflammatory action necessary to the production of granulations and a union of the sides of the cavity. Where the parts are too sensitive to admit the tincture to be used undiluted, it may be combined with water or bayberry tea. In cases of scrofulous ulcers, white swellings, hip disease, and wherever there is a free discharge of matter from a part, and the system is in a relaxed condition, the internal use of myrrh will prove especially beneficial.

After a vapor bath, and the patient is rubbed dry, washing the surface with tincture of myrrh affords a means of protection against cold, and strengthens and improves the condition of the skin. This practice is especially useful in cases where the skin is relaxed, and the patient feeble, as in chronic bronchitis, consumption, chronic pleurisy, asthma, dropsy, chronic rheumatism, chronic diarhoea, marasmus, and in every other form of disease attended by general debility.

In order to make the tincture from the myrrh so that you will know that it is pure, take three ounces of the powdered myrrh, put them in a quart of alcohol, or fourth proof brandy, and put this into a stone jug and boil half an hour in a kettle of water, or let it macerate several days in a warm place.

The preparation of the No. 6 has already been explained. It is an excellent tonic and particularly useful, taken immediately after meals, to remove or

prevent flatulency, and relieve oppression of the stomach. Ordinary colic may be speedily cured by taking freely of the No. 6. It is an effectual cure for ordinary colds, provided the patient avoids exposure, and improper articles of diet. Sickness at the stomach, and even severe spells of sick headache will be relieved and frequently cured by a free use of No. 6, together with warm applications to the feet to favor perspiration. It also constitutes a valuable remedy for bowel complaints in general. Taken after meals, it will prove a preventive against the summer complaint.

In deeply seated colds attended by a free expectoration of a thick yellowish secretion, the use of No. 6 will be found beneficial. Truly there is scarcely an ailment in which this preparation may not be used with benefit, except when the secretions are suspended, as in violent fever attended by a dry tongue. In the latter stages of disease, the No. 6 may be employed as a restorative, and when there is a tendency to putrefaction, its use is almost indispensable to the recovery of the patient.

As an external application No. 6 has been found useful in rheumatism, neuralgia, nightsweats, dropsy, consumption, and in all cases when the skin is in a relaxed condition. It may also be employed to great advantage in sprains, bruises, fresh cuts, indolent ulcers, gangrene, and as a preventive to mortification both internally and externally.

CACTUS.—*Cereus Grandiflorus.*

NIGHT-BLOOMING CEREUS.

(*Cactus Grandiflorus.*) (*Cactus Mexicanus.*)

(Dr. Lyle.)

The flowers and stems applied locally are non-irritants. Internally it accelerates the pulse, increases its fulness, elevates arterial tension and is truly a stimulating cardiac tonic. It is also stimulating to the spinal nerves and motor centers. It is toning to the heart in simple dilation and muscular atony from deficient innervation and nutrition without organic lesions. It is sustaining in valvular disease with dilatation. In cardiac and general muscular relaxation with impaired nerve energy cactus is toning and strengthening to both heart and nerves. The irritable alcoholic and tobacco heart is sustained by its use and perhaps mainly by its stimulating the spinal motor centers and by its continuous stimulation of the heart's muscular action and thereby increasing its nutrition and development. Chewing tobacco may not produce organic disease of the heart, but it affects the gastric membrane and nerves; and in smoking, carbonic oxide, ammonia and nicotine are inhaled. The ammonia acts on the blood and makes it alkaline and more fluid and hence impairs its nutritive properties. Tobacco leaves the stomach dyspepsied and debilitated. The heart becomes weak, irregular and intermitting. Palpitation, pain, faintness and vertigo follow. Tissue is degraded, vision is more or less

impaired, the hands become tremulous and there is a dragging feeling or pain in the region of the heart about the size of a silver dollar.

Cereus may be used continuously without exciting any gastric irritation. Small doses of two to five drops repeated every fifteen to thirty minutes as long as needed will usually give the best results, yet a teaspoonful may be given if required without any inconvenience or adverse symptoms. Its action is favorable. It regulates the pulse, promotes diastole and diminishes peripheral resistance. In organic cardiac diseases, excluding arythenia, when prompt action is desired and when other cardiac remedies fail, Cereus is a most effective agent.

It is equally useful in functional troubles, regardless of cause, particularly of nervous origin.

It may be taken before, during or after meals, but its influence is best on an empty stomach.

Cereus is quite efficient in mitral and aortic insufficiency, in mitral stenosis and exophthalmic goitre, rheumatism, chorea and mild anaemia. (1)

Cactina is the active proximate principle of Cereus Grandiflora Mexicana. As a heart tonic, Cactina has proven to be of immense value in the treatment of those diseases in which the action of the heart and the circulation are of vital importance. It has no cumulative action and is agreeable to the stomach in all conditions. It is indicated in abnormal heart action, such as tachycardia, palpitation, irregularity, feebleness; for the cardiac weakness and nervousness

caused by the excessive use of tobacco, tea, coffee or alcohol; to support the heart in the treatment of febrile and chronic diseases, and to sustain foetal circulation during gestation. It is frequently employed advantageously to prevent cardiac depression when administering anti-pyretics, anodynes and hypnotics.

Cactina, or any of the preparations of Cereus, is best given with Capsicum as the two together form the best treatment in any heart trouble that is possible to get. The genuine Cactina pellet is made by the Sultan Drug Co., St. Louis, Mo., U. S. A.

GUARANA.—*Paulinia Sorbilis.*

(Dr. Lyle.)

This is a woody climber, bearing a fruit about the size of a large grape and is nearly filled with one or more nuts about the size of hazel nuts. In the Amazon valley it grows wild, but in the Madeira district it is cultivated and presents somewhat the appearance of a vineyard. They ripen in December and open. The nuts are then gathered, roasted, shelled, ground and enough water added to allow it kneaded into doughy rolls about a foot long in which state it comes into market. (1)

Guaranin is the alkaloid. A stimulating tonic nervine for sick headache, where the stomach is not much involved.

Sorbilin is a preparation of the alkaloid guaranin chemically combined in certain proportions with pure bicarbonate of soda. This preparation is sold

by the Yale Chemical Co., 26 West 22nd Street, New York City, U. S. A.

"This is an admirable preparation, an innocent reliever of pain. In facial, intestinal and cranial neuralgia it is a superior relief. Also in gastralgia, enteralgia and ovarian and uterine pains. It assists much in sciatica, rheumatism and insomnia. It sustains the heart and in angina gives quick relief. It soothes and tones the sympathetic and sensory nerves, and in sick-headache if the stomach is not too much at fault there is nothing better. In such cases it may be combined with a drop or so of Lobelia."

The Physio-Medicalist need not have any fear to use this preparation as it is both Physio-Medical and non-poisonous. There are many points in favor of this remedy and it is the best remedy that can be given in all cases of pain. It is claimed that:

1. Sorbilin gives complete relief in a remarkably short time.

2. It does not depress the heart below normal, even when used as an anti-pyretic. It is especially desirable in heart lesions.

3. It leaves no undesirable after effects, so much to be dreaded in the use of opiates or cocaine.

4. It has a wide range of application.

5. It is particularly applicable to the following: Hemicrani, Myalgia, Neuralgia (facial, intercostal and acute), Gastralgia, Hysteralgia, Sciatica, Acute

Rheumatism, Sphilitic, Bone-pains, LaGrippe, Pyrexia, and Neurosis, due to irregularities of menstruation, Typhoid and other fevers.

6. The consequent sensation of exhilaration is not more than would naturally come from the sudden release from pain.

7. It is an appropriate, and even more certain, yet harmless, remedy to substitute for Morphia or the Coal-tar analgesics, in every case where these drugs seemed to be indicated.

8. A valuable agent in retarding putrefaction in Typhoid Fever, and especially desirable.

9. In cases accompanied by pain, where a particular treatment is wanted, it may be readily combined in connection with such treatment.

THERAPEUSIS.

Sorbilin is a chemical compound, having as its base the active principles of Paullinia Sorbilis.

Physical Properties.—It occurs as a very fine, white, odorless, crystalline powder, either as such or in tabules.

Solubility.—It is soluble in cold or hot water, or any alcoholic tincture, and is miscible in all syrup mixtures of neutral reaction, with Ammonia Muriate or Spirits Mindereri.

Therapeutic Applications.—Its most important property is, that it is not a cardiac depressant. It may be used without fear of dangerous cyanosis or the formation of a habit, yet no drug is more certain in its effects. It is consequently a safe anti-pyretic or

analgesic in cases complicated with heart failure. It possesses no particular soporific further than its arterial sedative effects.

I have used this remedy in many cases, and more especially in my practice of treating all the different kinds of female cases and it has given me the best of satisfaction. In Dysmenorrhoea it is especially valuable as the suffering in some of these cases is intense and water applications do not seem to relieve them in many cases.

For the Neuralgic pain in Diabetes I have also found it of value and it is especially valuable to stop the pain in cases of cancer of the womb, ovaries, or other internal parts.

Pleurisy Root.—*Asclepsis Tuberosa.*

This is frequently known as butterfly weed, or white root, and is that species of milk-weed of a shrubbery growth bearing orange-colored flowers. It is a valuable medicinal agent, best administered as an infusion of half an ounce to a pint of hot water; dose, one-fourth of a teacupful. It is the most effective of safe sweating agents, and in feverishness may be used abundantly until a free perspiration is secured. In high fevers, where quick action is desired, the ordinary dose may be given every half hour or even oftener, or if there is great restlessness, lady slipper may be added. In feverishness from recent colds, a little ginger should be combined with it. For colic in

children pleurisy root and wild yam make an effective tea with a little ginger. For peritonitis, pleurisy root, combined with a small portion of lobelia, will be found invaluable.

I would hardly know how to get along in my practice without this most valuable remedy and I have never lost a single case of pleurisy or pneumonia with the use of this remedy in combination with Boneset In this class of fevers it is my opinion that there is nothing to equal it in any way. Dose of the tincture is from 15 to 30 drops. It should always be given in hot water.

Olive Oil.—*Oleum Olivae.*

Olive Oil is such a wonderful thing for those who are looking for health. No home should be without it. Nearly everyone can be benefited by taking two or three teaspoonfuls a day.

The Physio-Medical practitioner cannot practice successfully without this because he needs it every day for such patients as will not eat food that contains the necessary oil or fat and certainly the majority of his patients are such as are weak, consumptive, no strength, run-down physically, etc., and each one of these needs a fat or oil. *Cod Liver Oil is no good; it is not assimilated. Products from animals are not to be recommended.* Olive Oil is the only *true* medicine and *builder.* It is *natural,* and is the only oil or fat, outside of that which is contained in nuts and cream, that is of any value. When I say that animal

products are not to be recommended, I do not mean to infer that such products as eggs, milk, cream, butter, etc., are of no value, for they are and I have found that butter and cream are only second to the pure olive oil. What I condemn are such products as bottled beaf tea, ox blood, etc. These are of no value and are very often very bad for the system.

For uterine troubles a douche of warm water and olive oil is very beneficial, one or two tablespoonfuls to a quart of water.

If you have an earache, drop a few drops of warm olive oil in the ear—use a dropper—and massage the parts right well for a few minutes. If you are troubled with catarrh and the nose gets sore, drop some warm olive oil in the nostrils.

If the skin is not as soft and as lovely as it should or could be, rub some olive oil into it after each bath and massage the parts thoroughly.

If the bowels are sore, or if an enema is required, take a quart of warm water and add a tablespoonful of olive oil and it will move the bowels easily and is healing.. In preparing vegetables as a salad, always add a little olive oil. Such vegetables as lettuce, tomatoes, onions, cucumbers, celery, cabbage, asparagus, cooked vegetables, such as beans, peas, beets, carrots, etc., should be prepared with some olive oil and instead of using vinegar, use lemon juice. Vinegar is not healthy, while the juice of lemons is one of the healthiest things that can be used and the flavor is by far superior to that of vinegar. The

physician should not *only* give medicine to his patients but instruct them how to live as well. Vinegar and black pepper are two things that I try and get my patients away from as is also the *poison*, hogs' lard.

The body must have a certain amount of oil each day and there is nothing better than to get the patients to use olive oil, butter, cream and nuts. Few people take the necessary amount of fats, and if they do, it is usually in the form of lard, something that is *really* a poison and is identical with scrofula. If the necessary amount of fat is not taken, the body becomes stiff and ages much too fast. *Stay young by following nature's course.*

The oil is best taken, and will give the best service, just before the meal and some take it during the meal. In many diseases it acts as a medicine, especially in rheumatism, diabetes, intestinal and lung troubles and many others.

Appendicitis is purely an inflammation of the bowels. If this oil were taken regularly and the bowels kept in a good condition, there would be no need to fear this trouble.

Pregnant women should take at least a tablespoonful of the oil each day, as it will give them strength and help to bring forth a healthy child, especially is that necessary if the coming mother follows natural laws and does not eat meat. By doing this, she brings forth a healthy child and also prevents a painful delivery. Meat and constipation are the two main causes of painful labor.

With many people it is a hard matter to take any kind of oil. Such should take a tablespoonful of the oil and the juice of an orange and they will find it very easy to take it. There is an olive oil prepared by a French firm and imported that is not only tasteless but odorless as well. I use this in my practice.

In stiff joints, there is nothing in the world that will do as much good as the internal use of olive oil and daily rubs with same. It will work wonders in most cases.

It has been successfully used in the treatment of gall stones and there are many cases on record that it has cured of this painful trouble.

It is a superior agent to be used in all forms of poisoning from acids, and comes near to being an antidote to all forms of poisoning.

Olive oil is one of the most important things in the treatment of nearly all diseases. In fact, we know that food is necessary in all cases. Olive oil is a food and *one of the best* and it is therefore indicated in all cases in which it is necessary to build up the system with the food that is the easiest to digest and which yields the greatest amount of nutrition.

Allentown, Pa., 1905.

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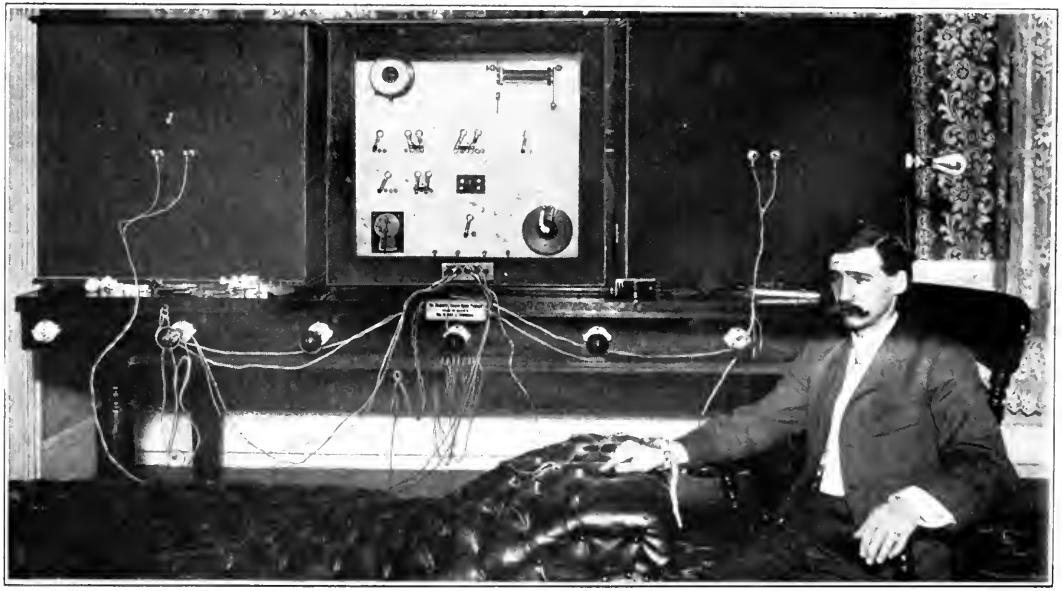

Direct Medication in all Diseases now an absolute fact. A new and Scientific School of Medicine now a possibility.

THE PHYSIO-MEDICAL

OR

Thomsonian System

After much experience, a thorough investigation and examination of all the principle systems of medical practice, Prof. Curtis, a graduate of literature, and of a regular allopathic medical college, an able lecturer, and founder of the first Physio-Medical College in the world, said:

There is a true science and practice called the "Physio-Medical," the character of which is indicated by its title. Its leaders are not men, but the immutable laws of Nature.

It is not the gift or invention of any man nor company, nor succession of men. It is the eternal truth and good, science and art of God and His inestimable and unequalled gift to all who will thankfully receive and apply it properly.

Different individuals in all ages and countries have discovered and promulgated more or less of its principles, and means and modes of practice, for which we should render to each due honor and gratitude. And since, among them all, I know of one who has given us so much that is true and good, connected with so little that is false and bad, as Dr. Samuel

Thomson, so I know of no one who is entitled to higher honor or deeper and more lasting gratitude from all the sons and daughters of affliction than he, of Alsted, New Hampshire, who presented to the world his chief medical discoveries and inventions in the ninth year of the last century.

Other men may more clearly develop these God-given principles, remove from them errors and crudities that still hang about them, discover and devise better ways and means of putting them in force. But, I repeat, the doctrines themselves, the general deductions from them, and the character of the means and processes of medication which constitute the Physio-Medical science and practice, are the immutable truths and art devised by the unchangeable God for the benefit of the unchangeable constitution of man, and can never "progress" nor be supplanted while man shall inhabit this earth, and disease continue to vex him.

This science and practice is the system of principles properly called physiological, or those that govern the formation and reservation of the organized body.

(1) Its doctrines are that the human body is formed and controlled, preserved and defended, and, when injured, restored by the action of an invisible agent called the vital force; that, when all its parts are in such condition that this force can act freely and fully through them this body is said to be in health.

(2) The inability of any organ to perform its healthy function denotes disease.

Hence, anything which may in any way interrupt this full, free and universal action through the body may be a cause of disease.

(3) When, by ignorance, inadvertency, or unavoidable exposure, the conditions called disease have occurred it teaches the duty of aiding the vital force in

its exciting, irritating and inflammatory efforts to remove the obstacles to healthy action, by means and processes that do not further damage it, but tend directly to restore it, and to heal the breach, if any.

(4) It uses those articles and those only, which, in their nature, harmonize with the organic tissue and the vital force; and, in the measure and mode of application required in any given case directly aid that force in restoring its equilibrium; by judiciously removing or helping it to remove all the obstacles to its free and universal action.

(5) It regards as poison anything and everything that is certainly known, in authorized medicinal doses or degrees, to have directly destroyed human life, or is, in its nature, calculated to deprive the organs of the power to respond to the action of the vital force in the production of irritation and fever, as antimony, arsenic, mercury, belladonna, cantharides, cicuta, digitalis, opium, etc., etc., and rejects them in toto from its remedial means.

(6) It adopts as remedial means and measures only those whose inherent tendency, like that of food, exercise, warmth, electricity and the influence of pleasant company, harmonizes with the organic and conservative force of the system, and, like food and water, may and should be given or applied in the quantities and modes required, till the objects of their use are fully accomplished; till perfect health returns.

Remove Obstacles and Aid Nature.

There are three ways to aid man in the accomplishment of his objects or wishes. The first is to remove the obstacles to his efforts, the second is to supply him with means best adapted to enable him to effect his purposes, and the third is to inspire him to exert all his own power and means in the right direction. So of every part, organ and tissue, of the man.

In all cases of disease, there are, in the diseased parts, obstacles to the free and universal action of the nerves and circulating vessels, which the vital force is endeavoring to remove. The whole science of Physiology consists in the knowledge of the character and uses of the organs and powers of the system; that of Pathology so far as it is a science, in the knowledge of its conditions and wants; and the whole art of practice of medicine lies in the knowledge of the modes and the means of supplying these wants. In some cases nature wants only one, in others two of the aids above indicated; in others all. In some cases, all can be applied by one means; in others more are required.

Some Remedies and Their Reliability.

The Physio-Medical school commends the use of heat and moisture, bland diffusive stimulants, innocent astringents, of the character that may be taken in perfect health, in all the ways and to the extent ever required in disease, without seriously deranging the physiological state. Thousands of means and many processes are of this character, and may be used almost indifferently; but some of the best have been selected, as those that may be relied upon, since with them alone disease is treated and cured with as much directness and certainty as philosophical and chemical experiments are performed.

Indeed, it can be easily proved that the best philosophers and chemists fail more frequently in the performance of their projected experiments, than do the well instructed and faithful Physio-Medical practitioners in the cure of disease.

The conditions of their experiments being right, and the operators intelligent and skillful, both classes of operations are sure to produce the expected results. But sometimes the instruments or agents of

both are defective, and then the results in neither case can succeed. The chemist can do nothing if his instruments are imperfect or his agents impure. So the doctor can not cure a far gone case of consumption with any medicine, nor any disease with spoiled medicines.

An Astonishing Fact.

It is wonderful, a most astounding fact, that such a man as Samuel Thomson should have prescribed a hundred different remedies for disease (many of which had never before been used), and yet among them all is not a single deadly poison, nor even a dangerous article.

The only reason that can be given by reformers, called Eclectics, Homeopathists, Chromo-Thermalists, and some Physopathists, have never been able to separate poisons from medicines, while Dr. Thomson succeeded so completely, is that they adhere to the "fever disease" doctrine, and he rejected it.

I most conscientiously declare that, no matter what my disorder, I would rather be treated in strict accordance with the directions contained in Dr. Thomson's little "twenty-dollar" "Guide to Health," though some of them are quite objectionable, than by a council of one of the best practitioners from all the sects of medicine, who reject the great Thomsonian doctrine, and follow what is written in their books.

I do not deny that to him that is able to separate the true and good from the false and mischievous, the Eclectic, Homeopathic, Chromo-Thermal, and the Psychopathic books contain much valuable matter that is not in Thomson's work; but they also contain enough that is pernicious, to more than counterbalance all that value, to him who can not make the proper separations, but must take the doctrines and the treatment as he finds them.

An Objection Answered.

The simplicity of the Physio-Medical practice has been considered an objection to its universal application and efficiency. It is rather a recommendation.

1st. The beauty and excellence of all science consists in its ability to reduce confusion to order, to extract philosophy from mystery, and to bring all the operations of art within the comprehension of the ordinary mind.

2d. The human body is supported and health sustained by the beautiful operation of the digestion, circulation and disposition of, a few organized substances, composed chiefly of carbon, oxygen, hydrogen, nitrogen, prosphorus, sulphur and lime. All the motions of all the organs are produced by the simple contraction and relaxation of their constituent fibers.

3d. Disease is a condition that prevents this full, free and regular action. Of course, all that is necessary to cure any case of it, is to remove obstacles to this action, and excite the organs to their proper motions. Whatever will invariably, promptly, powerfully and permanently relax, contract and stimulate, will remove all obstructions to vital action, and cure all forms of disease. As stimulation is nothing more than rapidly alternating relaxation and contraction, it follows that the two motions in different ways and degrees of rapidity, sometimes relaxing, sometimes contracting, with greater or less velocity, are all that is needed.

Now, if it can be proven that any one article will, by different modes of application, produce all these effects, it will follow that this article will cure all forms of disease.

New Modes Welcomed, but Guess Work and Firing at Random Should Cease.

We may discover new means of carrying them out, and new modes of application, but the principles are the laws of man's nature and they cannot progress. Let these be adopted and consistently obeyed, and no longer is there any trouble about the "secondary" action of the remedies for disease; no longer is the physician compelled to guess at the circumstances in which his remedies may be converted into poisons, nor poisons into breast-milk; no longer to lift his club and strike, nor raise his gun and fire at random, thus multiplying diseases and increasing their mortality. No longer must he grope without a clue, like Homer's Cyclops around his cave. But emancipated from the tyranny of the schools of physic, and guided by the Physio-Medical principles, he sees at a glance, the character and conditions of disease; knows for a certainty the means and processes by which it may be routed, and goes to work in a scientific manner, with the same fixedness of principle and certainty of success that he would bring to bear upon the practice of any other art, derived from the principles of its appropriate science. He cannot, indeed, expect to prolong human life forever, nor to reconstruct the organs of the body that may have been fatally marred; nor restore the functions of organs that are totally deprived of the power to perform them; but he can learn how to restore that which is capable of restoration, and he is blameworthy if he does anything to hasten dissolution, or entail upon his patient any chronic malady.

Some Vital Points to Remember.

Remember it is impossible to perform a surgical operation of any magnitude without producing

several injurious effects, each one of which argues against operations as a means of cure.

1. The amount of vitality destroyed by the fear and dread of passing through an operation with the operation combined often puts cases beyond hope that could easily have been cured if the right treatment had been given.

2. To cut into the deep tissues of the body makes a severe wound in addition to the present existing trouble. The amount of vitality required to heal such a wound draws heavily on the vital force of the patient already overtaxed.

3. The anaesthetic usually administered under such circumstances still further reduces the vital force of the patient.

4. The pain and sickness caused by the operation has a similar effect.

Any one of these detrimental influences are often sufficient to cause the death of a very weak patient. So, if all together are allowed to have their full effect and the result proves fatal, it should not be thought strange.

Consider for a Moment the Contrast.

If, instead of fear, you substitute hope; if, instead of pain, you give ease and comfort; if, instead of benumbing and deadening the sensatory nerves with a poison, you stimulate and strengthen with a real medicine, the life of a patient is often saved when otherwise that life would be lost. It is an appalling fact that actual murder is often committed by performing needless surgical operations, and giving poisons as medicine.

Young people desiring to study medicine, should seriously consider these essential features of this im-

portant question, before deciding what school of medicine to enter, or what system of practice to adopt.

FAILURE OF THE OLD—SUCCESS OF THE NEW.

Why must we resort to new modes if we would be successful? Why have the old modes failed? Simply because the means employed were not adapted to accomplish the end desired.

For instance, in talking about a certain case, you will sometimes hear a physician say: "I have tried everything, but nothing seems to do any good." Now the real remedy or remedies suitable in the case he may be ignorant of, consequently, has not tried everything. The number of things tried, even if millions, amount to nothing, and may have done harm, if their tendency was not in line with the object sought. A physician should be able to judge of this. Here lies the test of his skill. Right remedies have a tendency to produce the result desired, but in a million wrong things there is nothing to cure.

One of these authorities, from whom we have quoted, says, "All Medicines Are Poisonous." Now real medicines are not poisonous at all. Poisonous drugs with which these authorities tried to cure were not medicines in the true sense of the term. The very nature of poison is to kill living matter. Medicine is a substance which tends to heal or to increase the life principle.

Poisonous drugs irritate and provoke the vital centers to increased action, and in spite of the poison, if a person possesses a good degree of vitality a cure may be effected. But poison never adds any permanent energy to these vital centers, and in cases where the force in the vital centers is very low, its effect is to exhaust it entirely and thus cause the death of the patient.

Real medicine is a substance that will increase the

energy in the vital centers without injury. Taking this view of the matter, which is the opinion of the foremost authorities at the present time, and is substantiated by the past experience of eminent men in the medical profession, it can be clearly seen why the old school doctors have been so unsuccessful, and why those who have practiced allopathic system have been disappointed continually in producing the results which they sought.

It can readily be seen, therefore, if we are to gain our object, we must take the right course to do so, using the means and measures necessary. There are hundreds of non-poisonous remedies now in use which are being substituted for poisonous drugs with great benefit to all concerned. Many good external remedies are also available without running the least risk of poisoning the patient.

Every one, whether layman or physician, who holds in his hands the life of a human being should seriously consider what an awful thing it is to give a drug the tendency of which is to kill, while trying to cure. To say the very least, it is an exceedingly contradictory, and unreasonable act.

Another confession made by some of these eminent men is their ignorance of the real nature of physiological disorders called disease, and the uncertainty of the action of their remedies; hence, their conclusion, "medicine is not a science." It is not to be wondered at, that they came to this conclusion, when we take even a cursory glance at the unscientific remedies and methods which they employed in their efforts to cure. There has been a great deal of false reasoning in regard to medicine. For instance, a physician or patient complains that a certain cure or remedy has lost its effect. Now, if we will reasonably consider for only a moment, we can easily see that the

nature of a remedy in itself never changes.

This is a truth of the greatest importance and should never be forgotten. On this point, Prof. Kirk says:

Circumstances Change but Essential Natures Never.

A remedy is always the same in nature, and will have the same effect whenever it is used in the same circumstances. It is not wise, merely to say that the remedy has lost its effect and throw it aside as useless. True skill in such a case looks to the circumstances. The remedy has done all it could reasonably be expected to do; but the circumstances have changed, and another effect is now required.

When we take the common sense view of the matter we are left free to discover the real remedy. We have seen the benefit of this many times over when the actual remedy was found, applied, and the patient cured. This remedy has often proved in many cases exceedingly simple. For instance, we have put a finger on the root of a nerve supplying the muscles to the part in which the pain was felt and that pain has instantly ceased. We have continued the treatment for perhaps half an hour or so and the pain has not yet returned. We were told that all our remedies had failed. Every one of those remedies had had its true effect and had never lost that, only it was another remedy that was wanted. That remedy was simply pressure gently applied to a troubled nerve. What was wanted was only a little knowledge of the wondrous system of the living frame of man. We remember a case of violent suffering in which the bed of the sufferer was shaken with the sore agony. We only placed a finger on one of the affected nerves and

all shaking and pain were gone and did not return. This was just one of these cases in which wise men and still more wise women tell you that all your remedies have lost their effect. They have lost nothing of the kind. Only a very gentle pressure on the right place, and that is no very costly remedy, and all is plain sailing. It is a most precious gift that is given to all who accept it, that of knowing how to pass from a remedy when it is not the right one, and so be open to find the true one. Let us understand the real nature of all things with which we have to deal, and let us work on that understanding. God himself will teach us when we follow in the light He gives us.

Direct Medication in all Diseases now a Fact

THE MAGNETIC OXYGEN-OZONE PRODUCER.

After much research and experimenting we have produced the greatest apparatus for the healing and curing of the sick extant, Why do we say the greatest? 1st. Because we are able to give to the sick and ailing: Pure, mild, natural magnetism, which is Life itself. We could not live two minutes without magnetism, which in reality is Vitality or Life. 2nd. Because we are able to decompose water and extract its eight-ninths parts oxygen and by our newly discovered force drive or send it into your circulation which builds up any weakness by increasing red blood corpuscles by the thousands, and 3rd. Because we can give you Ozone, that component part of Oxygen which is only obtained when Oxygen is set free from the water. Ozone cannot be manufactured or in any way be produced by chemistry, so beware of charlatans who put up a fluid called Ozone or by any other name. Ozone is the only true Germ destroyer in ex-

istence. The Imperial Board of Health of Berlin, which is composed of the greatest living Scientists, reports that when Cholera Microbe germs were put in an atmosphere of Ozone they lived only three (3) minutes. Typhoid Germs lived but five (5) minutes. Bacteria, causing Diphtheria, lived but three (3) minutes and Consumptive Germs but five (5) minutes. By our force we can decompose water into pure, absolute atmospheric Ozone and send it directly to the diseased part.

By this same force, we can transfuse any medicine into any part of the body. Experiments already made prove that in the case of Cancer and Tumors it works absolute cures. How much better is it in treating any organ of the body, to place medicine on an electrode and transfuse it into an organ in its pure state than to keep on swallowing bottle after bottle of drugs and medicines and which does no good? Medicine swallowed into the stomach no more affects the organ it is intended for than it does your feet. Why? Because by the time medicine is mixed with the Gastric juice in the stomach, bile from the liver and pancreatic juice from pancreas and then the intestinal juices, in which place medicine is taken into blood, it is no more like it was when it entered the mouth than day is like night. This is Logic and admitted by our best Scientists.

We can, at one and the same time, give the patient the three principals of Life, viz: Magnetism, Ozone and Electricity. No other invention in the world does this. Remember, the Magnetism is of the refined and pure kind. Identical with Human Magnetism.

Under date of August 1, 1906, the Allentown *Daily City Item* had the following Editorial:

WONDERFUL APPLIANCE.

FOR RELIEF AND CURE OF AFFLICTED AT CLYMER MEDICAL INSTITUTE.

"The Doctor Clymer Medical Institute, at 205 "North Sixth Street, has been equipped with the finest "electro-medical machine ever made, pronounced by "all who have seen it as the greatest discovery of the "age. It is called the magnetic oxygen-ozone pro- "ducer, invented and perfected by Drs. Clymer and "Woodhouse. It is a large cabinet, 10 to 12 feet long, "divided into three parts. By means of this appliance "they are able to give to the sick and ailing pure, "mild, natural magnetism, which is life itself. They "are able to decompose water and extract its eight- "ninths parts oxygen and by the newly-discovered "force drive or send it into circulation, which builds "up any weakness by increasing red blood corpuscles "by the thousands. They can give ozone, that com- "ponent part of oxygen which is only obtained when "oxygen is set free from the water. Ozone is the only "true germ destroyer in existence. The Imperial Board "of Health of Berlin, which is composed of the greatest "living scientists, reports that when cholera microbe "germs were put in an atmosphere of ozone they lived "only three minutes, typhoid germs but five minutes. "Bacteria, causing diphtheria, lived but three minutes "and consumptive germs but five minutes.

"By this same force they can transfuse any medicine "into any part of the body. Experiments already "made prove that in the case of cancer and tumors it "works absolute cures. It is much better in treating "any organ of the body, to place medicine on an elec- "trode and transfuse it into an organ in its pure state "than to keep on swallowing bottle after bottle of "drugs and medicines.

"In a nutshell, they have invented and constructed "three expensive apparatuses, viz: the magnetic "oxygen-ozone producer, the galvanic-electric ap- "paratus, and the pure, natural, refined magnetic ap- "paratus and by an ingenious switchboard can com- "bine the three currents into one and the patient re- "ceives magnetism, oxygen and ozone at one and the "same time, which are the three positive principles of "life.

"By this treatment a great many people have been "immeasurably relieved who suffer from cancer, "tumors, nervous, chronic and the so-called incurable "diseases. A number of rheumatic patients have also "been cured.

"Mr. Holliday, the inspector at the public building, "whose rheumatism has been practically cured by this "treatment, is helping Dr. Clymer to secure a patent "on the appliance."

All Tincture and Fluid Extracts can be used with this invention for the *direct* treatment of all diseases, but we only recommend the pure Physio-Medical medicines.

The Physio-Medical physician can treat his patients either *via* the stomach or directly, so long as he uses simple, non-poisonous remedies. In our institution we use the new invention for direct treatment. The Static, Galvanic, Faradic Interrupted, Sinisuoidal and High-Frequency Currents in Electricity; X-Ray, Dr. Minen Ultra Violet Ray Apparatus; Vibrating Massage Apparatus; Large Body Diasolenic (High Frequency) Apparatus; Electro-Vapor Electro-Hot Air and Electric Light Bath Cabinets; also Betz Famous Dry Hot Air Apparatus in Combination. In a word, we have the most thorough, although not the largest, equipped institution in the world.

We are prepared to teach these systems to honest men throughout the country. Only a few can be taught at a time. For further information regarding instructions or treatment, terms, etc., address,

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Physicians who have lost faith in Stomach Medication can also communicate with us and we will be pleased to give them any information in our power.

It is our intention to make a smaller apparatus so that every physician can afford to use this system in his office to treat all such cases as will not respond to the regular treatment.

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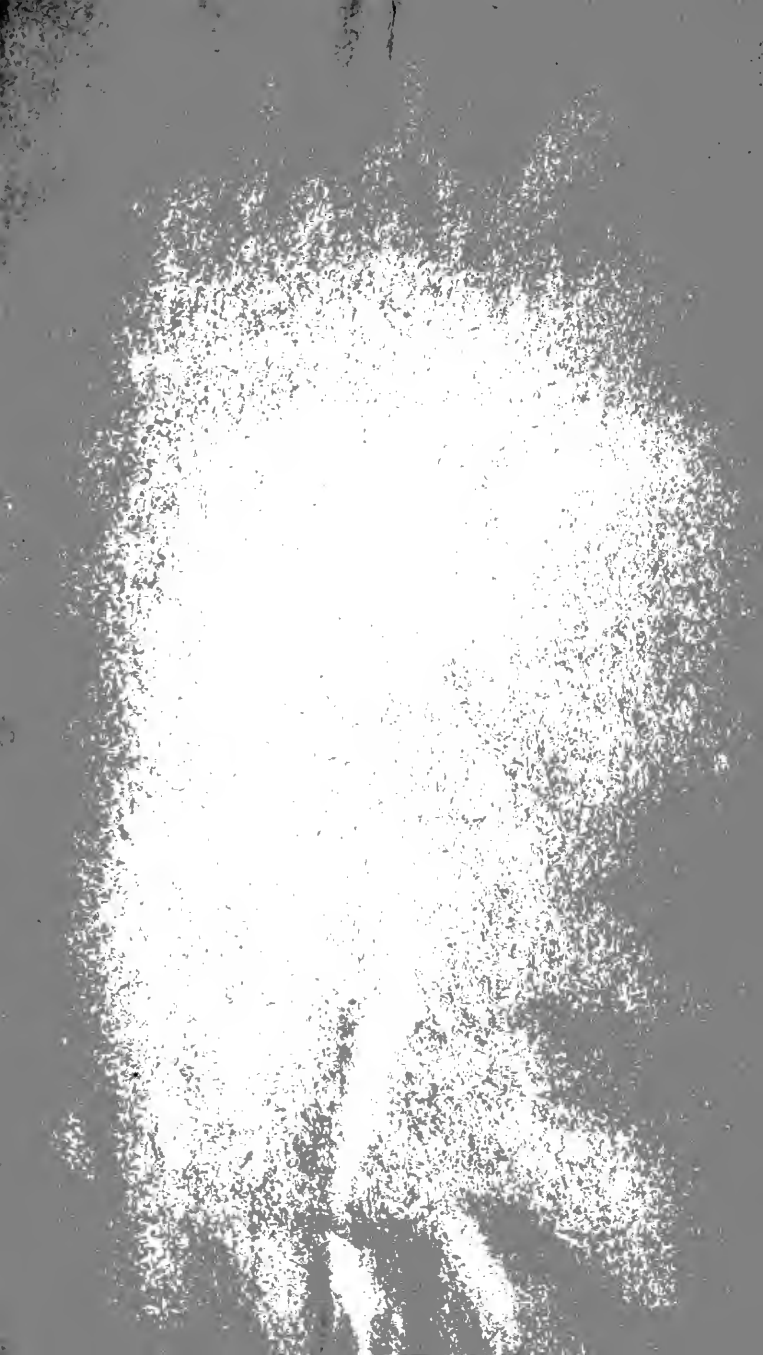

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